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JANUARY 2015 £4.50

# FHM

**MOVIE  
FITNESS  
SECRETS**

THE INCREDIBLE

**END OF YEAR  
BLOWOUT!**

WEIRDLY SEXY  
ICE BUCKETS

ANNIE MAC  
(RAVING NOT BEHAVING)

FEAST LIKE  
A VIKING

XMAS SPIRITS  
SHOWDOWN

TIPSY WORLD  
CUP PUNDITS

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BIG HATS

DEBAUCHED  
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**LOOK  
C L  
STAY  
WARM**

AMAZINGLY  
USEFUL  
STYLE TIPS  
FOR COLDER  
MONTHS

FOR HIM MAGAZINE

301

JANUARY 2015

IT'S GREAT TO BE A MAN

Wow







# MAN OF TODAY

GERARD BUTLER FOR BOSS BOTTLED



**BOSS**  
HUGO BOSS

#MANOFTODAY



# THANKS A BUNCH!

## ED'S LETTER...

What's been your highlight of 2014? For me, it was probably shaking up a can of cheap lager as much as humanly possible and then watching Seth Rogen, one of the world's biggest and bestest movie stars, willingly let it explode in his face. It was all in the name of getting some memorable and truly ridiculous pictures for our June issue cover shoot.

That was a personal moment of triumph that'll sit pleasantly in my memories until I cark it or get too old to remember how to put my trousers on. But there's also been lots of other stuff happening over the last 12 months. Big news stories, general weirdness and uplifting goodness that have made a giant impression on all of our brain cells.

In this issue – our annual End Of Year Blow Out – we're looking back on some those year-defining events; Germany's 7-1 World Cup drubbing of Brazil, ice buckets going global and Baked Alaska melt-downs. We'll also be bringing you our usual smorgasbord of seasonal treats: gluttonous inspiration from DJ BBQ, an arse-saving, last second gift guide and the 2014 Car Awards.

Right now also seems like an ideal opportunity to thank all the folks that have made a great year of *FHM* possible: the team of 12 girls and guys here in the office that sweat over stuff as small as font colour and the choice of carpet in a Would Wife shoot; the inspirational people we've interviewed and featured; our amazing cover stars – and then of course, most importantly, you lot who buy the magazine. Without wanting to sound needy: we love you all, don't go changing.

See you in 2015,

**Joe Barnes**



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\*Visible flakes seen at 2ft with regular use  
†Due to breakage





## SPOILER ALERT!

LOOK AWAY NOW IF YOU DON'T WANT TO KNOW WHAT'S IN THE ISSUE



**Raving not behaving** p48



**FHM watch special** p104



**Viking-style turkey legs** p56



**Look cool, keep warm** p98



**Get visited by spirits** p55



**Draw some doodles** p20



**Get fit like a movie star** p112

## ACCESS

### 16 WOULD WIFE

What do Miley Cyrus and FHM have in common? They're both friends with Mandy Jiroux, all-singing, all-dancing champion of the internet.

### 48 THE HIT SELECTOR

FHM gets schooled in beats by the most influential DJ in dance music, Annie Mac.

### 56 MAN FOOD

DJ BBQ shows you how to turn your Xmas turkey into a feast of Viking proportions.

## FEATURES

### 60 2014 END OF YEAR BLOWOUT

Our enormous, annual look back at the mad stuff that defined the year. Featuring drunken football pundits, viral celebrities, broke-ass pop stars and a disapproving pornographer.

### 74 KEELEY HAZELL

FHM's favourite cover star chats life in LA, lapdancing and very small, itsy bitsy teenie weenie polka dot bikinis...

### 82 IF YOU GO DOWN TO THE WOODS TODAY...

FHM meets Nick Weston, founder of Hunter, Gather, Cook, and heads into the wilderness to learn how to hunt and forage with the guys who have made a business out of it.

### 88 THE HITMAN'S TALE

What turned Vincent Smothers from a mild-mannered honours student to a remorseless contrast killer? A remarkable true story.

## UPGRADE

### 112 TRAIN LIKE YOUR FAVOURITE MOVIE HEROES

Find out how you can get ripped like Rocky Balboa, booze like a healthy James Bond and run faster than Forrest Gump.

### 118 REMOTE CONTROL CARS

We called in the original Stig, Ben Collins, to put a load of tiny cars through their paces.

### 124 FHM CAR AWARDS 2014

All the motors that revved our engines over the past 12 months.



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\*Winner Shampoo & Hair Treatment Category. Survey of 11,941 people in UK & ROI by TNS



# THE TEAM

## WHAT FHMERS HAVE BEEN UP TO THIS MONTH

### WE WON HOLLYWOOD

Deputy web editor Nick was jetted over to LA for a 10 minute interview where he immediately found himself scared and alone after being abandoned in a car park. Luckily for him, Robert Sheehan from *Misfits* walked past and took pity on poor Nick. The two then ended up at director of *Independence Day* Roland Emmerich's house party. We called bullshit on this improbable tale until Nick provided photographic evidence. Only in LA.



### WE TOOK ON THE STIG

Considering the amount of time *FHM* spends playing *Mario Kart*, we thought it only right to challenge former Stig Ben Collins to a remote-control car race. Here's workie Chris with the man himself, right before balling up an incredibly ambitious handbrake turn and halting traffic in London for a good 15 minutes.



### WE SAID GOODBYE

After a collective six years sailing the good ship *FHM*, our steely picture editor Rachael Clark and fashion editor Will Barnes left us for exciting new things, bringing the office to a grinding halt where we lost all ability to dress ourselves and function like normal civilized human beings. Their dulcet tones will be thoroughly missed.



### WE FOUND SOME SHROOMS

Deputy Art Director Jamie went foraging in Sussex (page 82). He was last spotted with deliriously demonic eyes clutching this here mushroom and spouting off about the secrets of the universe. If anyone sees him, we'd advise you to approach with caution and would greatly appreciate it if you tell him to come home. Or at least let his girlfriend know he's safe.



### WE DID A BELLY FLOP (IN DUBAI!)

Deputy editor Dan found himself in Dubai riding the world's largest artificial wave, a daunting activity that saw him lose all dignity and flail around like a trout on a treadmill, all with a constant and desperate fear of messing up his newly luscious translated hair. And that was just when he tried putting his shorts on. *Baywatch* it most certainly wasn't. Check out everything else Dubai has to offer on page 122.

# FHM

IT'S GREAT TO BE A MAN

**Editor** Joe Barnes  
**Deputy Editor** Dan Jude  
**Art Director** Will Jack  
**Production Editor** Sarah Wolfe (maternity leave)  
**Acting Production Editor** Emma King  
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**Art Assistant** Stephanie Burns  
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Email us: [name.surname@fhm.com](mailto:name.surname@fhm.com)

### With a little help from...

Mia Bleach, Ben Scott, Ashleigh Shores

If you're interested in doing work experience at *FHM* HQ, visit [gothinkbig.co.uk](http://gothinkbig.co.uk)

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Russell Kane  
Camden, London

LUKE 



**HEY!**

**HAVE YOU  
HEARD?**

**2015**

IS GOING TO BE THE

**BIGGEST,**

**BESTEST,**

*MOST THOROUGHLY  
ENJOYABLE YEAR*

OF YOUR

**GODDAMN LIFE!**

**The proof is in the next issue of FHM, out 4 December**





**A cover star so pretty you'll tingle  
in places you didn't know existed**

**The band who will rock your world  
and rip a fault line in your brain**

**One pill that can really  
make you happy**

**The ideas (and inspiration) you  
need to finally start that business**

**A rapper you'll fall  
in love with**





# LETTERS 01/15

## Get in touch!

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Letter  
of the  
month



## Booze brothers

After reading your article detailing the best beers from around the world, I decided that the Robinson family might fancy seeing how good these tipples really are – so I brought the round in. Let's see how they go down!

**Luke Robinson, via Instagram**

*Sterling effort, Luke! Be sure to keep a log of your work. Or better still, upload pics of you going from tipsy to drunk to catatonic as you consume the 23 bottles in 23 minutes – we're calling it the, er, 23 Minute Challenge. Also, as letter of the month, have a huge telly on us to make up for the near-but-certain liver damage.*

*Readers, you can match Luke's hard work, and hard drinking. Hashtag your FHM pics with the tags above, or #FHMmanfood if it's tasty.*

## Storm in a tea cup

I read the 'Which Brew Is The King Of The Tea Cup?' article in the (issue 300). Where's the real king of the tea cup, Yorkshire Tea? I don't get upset easily but this has rocked me.

**Jack, via email**

*Our Yorkshireman Upgrade editor Jordan has the following to say: "You're right. Yorkshire Tea is king. But being a northerner in a southerner's world, I felt pressured to ignore my own heart and therefore omitted it. I'll forever be saddened by flimsy backbone."*



## Answers on a postcard

I just wanted to thank you for suggesting those postcards from House Industries in '32 Ways To Pimp Your Pad' (issue 299). After investing what felt like several hundred pounds worth of Blu-Tack, my walls now look awesome. Also snuck some rude words in there!

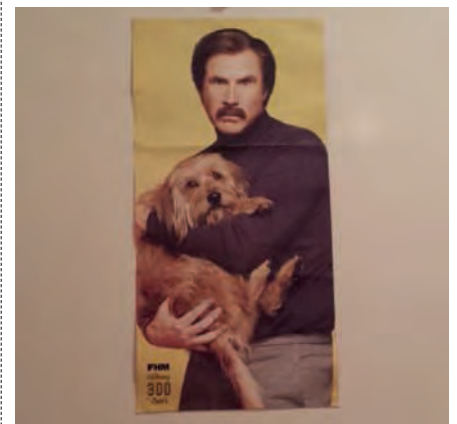
**Sam Long via email**

*Not only does that look great, Sam, but it looks like we're kindred spirits. We slyly sneak swear words into the mag – though we're not quite as good as you, to be honest. Arseholes.*

## Toilet humour

I put your Ron Burgundy poster on my bathroom door but my girl mates said they found it off putting having Ron and Baxter staring at them.

Which is weird, because I find their gaze comforting. In fact, I'm visiting the toilet more, and have been less constipated. So FHM, Ron, Baxter – I thank you. **Matthew John via email**





# THERE'S NOTHING LIKE FEELING FREE



Frederm. FOR SPOT-PRONE SKIN







## The old switcheroo

I've subscribed to your magazine for well over a decade. The thing is, my other half finds it first, reads it and leaves it in tatters. I've seen guys with pristine collections and I marvel. I could either buy a vault, rent a separate dwelling... or, how about a decoy mag cover! Think about it: you add a duplicate horrific Z-list casing, she thinks *FHM* has gone down the pan and I can enjoy my lovely mag in the state it was meant to be in.

**James Anderson via email**

We're sensitive to your struggle, we really are, but that sounds like a whole lot of effort. The true answer is clear – offer her an ultimatum, and if she leaves you, just console yourself with your nice, glossy pile of pristine mags. We're all the love you need.

## Back in the game

Six months ago I broke my back in a mountain biking accident. After having metal plates and screws inserted into my back, I spent two weeks in hospital. That's no fun at the best of times, but this time was particularly bleak as I wasn't sure how long my recovery would be. After leaving hospital, I spent the first three months in a spinal brace, with limited movement and contact with the outside world. I went from strength to strength, and I've just been given the all clear. Throughout, I've been lucky enough to have received monthly copies of your magazine. Whether it's been flat out on a hospital bed or on the train between consultations, *FHM* has kept me entertained and taken my mind off my situation. Thank you.

**Will Manson, via email**

We're chuffed to hear about your recovery, Will. We don't want to take full credit, but it'd clearly be a good idea if all doctors started prescribing *FHM* to all of their patients, STAT.



## FHManFood of the month

Congrats to Keith Williams who's won a crate of BrewDog Punk IPA and this high praise from *FHM*'s grill master DJ BBQ: "Brodawg! Look at this work of freakin' art! Man, seeing those mothercluckers standing to attention, with a cans stuck up their butts, gets my heart pumping and my tears dripping. That's some sexy stuff right there. And the fact you're still grilling into the cold dead winter tells me one thing: you're a total hero amongst dudes, dude! High fives all round homeboy."

## SHOW US YOUR MAN FOOD!

Every month, we select the greatest culinary triumphs that have been submitted on Twitter and Instagram and give the chefs some lovely booze for all their hardwork. Are you the king of crisp sandwiches? Did you make incredible pulled pork last weekend? Then show us with the hashtag #FHManFood for a chance to win.

📧 @fhm 📷 @fhmagram

## Send us your letters...

## WIN A 32" TV AND BLU-RAY PLAYER WITH *THE ROVER*

Do you have something insightful to say about the magazine? Well tell us about it already! To celebrate the release of *The Rover* on Blu-ray and DVD on the 5 January, we're giving next month's Letter of the Month winner a massive telly and their own copy of this ace action-packed thriller.

*Iron Man* legend Guy Pearce stars as a drifter travelling across the scorched Australian outback 10 years after a Western economic collapse, determined to track down the men who took everything he had. He soon crosses paths with a wounded gang member, played by Robert Pattinson,

who was left for dead by his own brother. They then decide to join forces, and set off on a journey of revenge.

All you've got to do is send your brilliant, funny and one-of-a-kind letter (with a picture if you can) via one of the ways opposite and the huge telly and Blu-ray combo could be yours!



## HOW TO ENTER

✉ letters@fhm.com  
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A man is shown from the chest up, in a shower. He has his eyes closed and a joyful expression, with his mouth open. He is holding a yellow bottle of Quench Original Source shower gel in his right hand. A large pineapple is suspended in the air above his head, and it is being splashed with water, creating a large, dynamic splash of water droplets and pineapple chunks all around him. The background is a clear blue sky.

# QUENCH ME

 NEW

**ORIGINAL SOURCE** **SKIN** **QUENCH**

**INTENSELY MOISTURISING  
SHOWER GELS PACKED WITH NATURAL OILS**





JANUARY 2015

# ACCESS

IT'S  
GREAT  
TO BE  
A MAN

EDITED BY CHRIS SAYER



# PARTY IN THE USA

Say howdy to Arizona-born,  
UK-loving Mandy Jiroux,  
YouTube-conquering sexpot  
and Miley Cyrus's best friend







**B**um workouts are important. Very, very important. You've gotta do your donkey kicks every day."

We're not sure what donkey kicks are, but when Mandy Jiroux – dancer, DJ, choreographer, singer, fashion designer and all-round sexy polymath – talks about them, we want to know.

"When you dance a lot, it's important to look after your ass," Mandy tells *FHM*, as she catches her breath following a dance masterclass (go to [FHM.com/Mandy](http://FHM.com/Mandy) to see the ludicrously sexy video). And man, can Mandy dance. The twerk, the running man, the caterpillar, the dougie... You name it, she can do it. That's not where her talents end, either.

As well as being a professional dancer and choreographer for the stars, Mandy has her own fashion line, has been a regular on *Keeping Up With The Kardashians*, and is now about to go global with her debut music release. On top of all this, she also has friends in high places, none more so than Miley Cyrus, her childhood best bud. Together, they created the Miley and Mandy Show on YouTube, which has now accumulated tens of millions of views.

Remember, then, when Mandy is astride a giant wrecking ball at Wembley Stadium in years to come, that you saw her here first...

***FHM*: Welcome to London, Mandy! Have you been here before?**

**Mandy:** I've been to London a bunch. This time I'm over for fashion stuff, and I've had three DJ gigs.

**What do you like about it?**

I love the architecture here, the buildings are beautiful. And everyone has a great sense of style.

**And British men?**

So sexy. I mean, their accents. Oh my God. And they're all very charming too. Sometimes I can't understand though.

**You've been doing a lot of dancing today. Do you dance all the time?**

Yes, pretty much. I started dancing when I was three and never stopped! »



**You've recently become quite famous on YouTube for your twerking skills...**

I've always been comfortable being sexual, especially when it comes to dancing. Pop stars all have to be comfortable with their sexuality. People are looking at you as a role model – it's important to be classy and tasteful as well as being sexy. Growing up as a dancer, you're wearing crop tops and tiny booty shorts, so you learn to be comfortable with your body.

**Do you keep that attire on when you get home from dancing?**

To be honest with you, I'm just comfortable wearing nothing. If my roommates aren't home, you can guarantee I'll be walking around naked. Luckily I live up on a mountain and my place is covered with trees.

**Someone else who likes being naked a lot is your bezzie Miley Cyrus. How did you end up becoming friends?**

Well, when I moved to LA I became a back-up singer, and then ended up as a backup dancer for Miley.

**How about your YouTube show?**

When we were on the road we became really good friends, and then on tour I was just at her house every day. We were hanging out in her room one day and she was like, "Teach me a dance," so I taught her a Janet Jackson dance and we decided to throw it up on YouTube.

**Are you responsible for the foam finger and Miley's twerk?**

I don't think the foam finger, but Miley's been booty shaking for a while. She has always had a very outgoing personality, so who she is now in the world is her being herself because she's not controlled by Disney any more.

**So what's next for you?**

My solo career! I'm just in the studio at the moment focusing on creating my own original music. I'm working with people who worked with Nicki Minaj and Rihanna, and I can't wait to just get my music out in the world.

**Where will Mandy Jiroux be in five years?**

On the radio, travelling the world, at awards shows, living the pop star life. I'm really passionate about what I do, but it's not about being famous. I just hope at the end of the day, I get to where I want to be. **FHM**





## Quick-fire round

### Cats or dogs?

Dogs. Cats just aren't as friendly.

### Bond or Bauer?

James Bond. I've never watched *24*. *Breaking Bad* is my favourite show.

### Thongs or pants?

Thongs, always.

### Trainers or heels?

Totally depends on the occasion!

### Football or

### American

### Football?

American Football. I'm a Denver Broncos fan. Sorry.

### Fish and chips or hot dogs?

Hot dogs.

### Night in or night out?

Night out every time.

### The twerk or the running man?

Twerk, of course.

### Skinny dipping or scuba diving?

I love skinny dipping.

### Lie in or morning person?

Morning person. I like to be up by 7:30am.

See Mandy's sexy workout video on [FHM.com](http://FHM.com)





# HOW I DID IT...

**SAM TAYLOR, 26, ILLUSTRATOR**

**I used to work in the car park** of Leicester City football stadium on match days.

That sucked. Oh, and I was a rug salesman at a home furnishings place that was full of bitter, old people. What did it teach me? That I'm never selling rugs again.

**There are some pretty weird family portraits** on the walls in my house. They're not of my family; my old housemate found them in a skip.

**I don't start drawing until after 2pm.** Usually, I'm up around 10am, get coffee, check emails and start working after lunch. I keep things as structured as possible.

**The Mark Rothko room at the Tate Museum is amazing.** It's nothing like what I do but I love his stuff. It absorbs me. Abstract expressionism had such a cool outlook; I like how it makes you think for yourself instead of forcing stuff into your eyes and your mind.

**The last thing I do before I sleep is** check my Instagram one last time.

**I can't remember any specific pieces of praise I've gotten for my work,** but I do get quite a few likes on Instagram.

**I like being around people,** so the cabin fever I get is the toughest thing. Apart from that, it's the most fun 'job' ever.

**My parents always taught me to be myself,** but I don't think they actually ever said it, if you know what I mean. I don't think anyone's ever sat me down to give me advice.

**Girls, in general, like an illustrator.** It's a weird thing to be, so it seems exciting to some people. My girlfriend thinks it's really cool that I can do whatever I want, whenever I feel like it, because I'm my own boss. She sees me like a CEO or the Jay-Z of drawing.

**The hottest place with the best hotel** is Lisbon. I did a photo shoot there. We went to an amazing seafood restaurant and smashed crabs with hammers.

**I like life-affirming, go-for-it clichés** like 'Seize the day'.

**I work alone, so I'm losing my mind.** But that's normal. That's the thing – I am insane, but I can hide it pretty well. Nah, only joking, I can't hide it.

**I never leave home without my small velvet money pouch filled with coins.** I've only got it because my wallet doesn't have a pocket for change. It makes me feel like the Sheriff Of Nottingham.

**I'm not showing off when I say this,** but I can draw pretty much anything. Some things are harder, sure, but the hardest thing to draw well is refraction. That's the way glass or water distorts light.

**It makes me laugh that** Nickelodeon is next to *The Guardian* on my list of clients.

**When I go on holiday,** I have to let all my clients know. I'm on call 24/7 because I work with people all around the world, and need to be available to drop whatever I'm doing at a moment's notice. I can still go away for a break, but it means I'll miss out on work.

**All I did from the age of 13 to 24 is skate, skate, skate.** I never went more than two days without skateboarding.

**As a life-long skate rat,** seeing my work in *Thrasher Magazine* was the coolest place I've seen my stuff. Having it on billboards all around London was cool, too.

**John Frink is the *The Simpsons* writer they based Professor Frink on.** He emailed me one day and asked to buy four of my prints, which was rad. I'd done some illustrations of Lenny, Hans Moleman, Grandpa and Krusty for a thing called The Simpsons Drawing Club, and they're now up on his office wall at *The Simpsons* studio in LA. It blows my mind.

**Drawing isn't hard.** It's like a sport: everyone can do it and you get better with practice, but that doesn't mean the stuff you're drawing is going to be any good. You need good ideas, something unique or a different view on something.

**I think I'm the best at what I do** because I'm the only person who does exactly what I do. I never think about competition because I won't help my work get any better. I hope that doesn't sound pretentious.

Check out [samtaylorillustrator.com](http://samtaylorillustrator.com)







The man behind stacks of FHM doodles...

**BE INSPIRED**  
To watch a behind-the-scenes video with Sam talking about his career, head to [GOTHINKBIG.CO.UK/FEATURES](http://GOTHINKBIG.CO.UK/FEATURES)

[GOTHINKBIG.CO.UK](http://GOTHINKBIG.CO.UK)



## The big question

# IS FOURTEEN YOUR NEW MAGIC NUMBER?

There is a very fine line between too few and too many notches on your bed post...

Things are going great with your new ladyfriend. You've wined, you've dined; you've even made it into her address book with a love heart emoji next to your name. And then, it happens.

"So, what's your magic number?" she says casually, causing you to splurt scolding hot tea all over yourself. It's the chat that strikes fear into every man's heart. Unfortunately, it's a lose-lose situation. Too few, and you're a fumbling amateur, completely under-qualified to even take off your own trousers. Too many, and you're a dirty player who is bad news and far too risky to enter into a relationship with. What the hell are you to do?

Well, we were done with the ambiguity. We felt it was time to seek out an answer. So, in the name of sexual clarity, we hit the streets to investigate. And it turns out racking up the bed post notches isn't quite as detrimental as we first thought...

"I'd pretend I wouldn't mind if he'd slept with less people than me, but if I'm honest, I would," says 20-year-old Maria. Surprisingly, the idea of blokes being less promiscuous is a real lady-boner killer. Charlie, a 26-year-old teacher, admits she finds it "weird" if a guy's magic number is less than her's, as does Tracy, her best friend, who says, "I'd tell a boy mine was 15, but I'd expect his to be more. It's better that way, and you know someone has got [his sleeping around phase] out of his system."

Of course, there are exceptions to the rule. Alexa, a 20-year-old American, tells us, "Sex is sacred, and two is my number. I was shocked when my boyfriend told me he was at 12!"

However, from all the girls we spoke to, this overriding theme became clear: girls *expect* you to have slept with more people than they have. Brilliant news for you easy-going gents out there. But what about those of us who aren't quite so promiscuous? We could start off by asking what the female magic number is. So, we went back on to the streets to find out for you...

**Charlie, 27, Nottingham**

"I don't mind at all what a guy's number is. Maybe between 20-30? I wish mine was slightly less, though!"

**Tracy, 27, Bristol**

"I tell people 15, but really it's higher. I like guys to have more than me and over 20 is best."

**Alexis, 22, USA**

"Sex is special, not just something to do at the weekend. Ideally, a guy would come in between four and seven."



**Desiree, 23, London**

"Two is the honest truth, and I'm happy with it. Anything is fine for men, but probably between three and 10 is best."



**Anna, 23, Russia**

"My boyfriend knows my magic number, and I'm happy with it. Seven is a good number for guys."

**Lora, 32, Bulgaria**

"I'm at 16. I travelled a lot when I was younger. Between 20-30 for men is fine with me."

**Anna, 22, Russia**

"Hmm, let's go with between eight and 14 for a man. I'm at seven, but I'd probably tell people it was three."

**Belen, 19, Spain**

"Yes, four is my real number! I'm still young. Ten is a good one for men, and hopefully less than 20 if he was younger than 25."

**Laura, 33, London**

"I'm happy to say my number is five, sure. A guy's number? I'd be OK if he was double me, so 10."

**Maria, 20, Russia**

"I think my number is average for my age, but I wouldn't be shocked if a guy told me he was at nine."

## Magic numbers: how did you fare?

An impressive 10,000 of our male readers got vocal in our magic number survey. See how you measure up to your fellow man...

# 20%

said their magic number was **11-20**, making it the most common response

# 1-5

was the second highest, with **18%** admitting it to other people

# 52%

felt totally happy with their magic number

# 20+

was the magic number most of you said would turn you off a girl, but **"It doesn't make a difference"** was the most common response when asked if a guy's should be higher than a girl's

# 7%

told us they've slept with more than 100 women

# 3/5

believe it's OK to lie about your number

# 41%

admit to shaving a few off your number when telling a girl

# 2/5

told us a girl's magic number was a deal-breaker in a relationship



# Entertain your brain

**12** *must-knows for the month ahead*

# 01

**Festivals**

## Plan your alpine party pilgrimage

● Picture every morning wake up you've ever had at a festival. Let's not mess around here: you look like you've been exhumed, smell like a bin, wonder if your hangover is going to kill you, realise you've pitched your tent downwind from the portaloos, and can't find your shoes. There's a reason we accept overpriced, warm cider in a summer field: to survive.

But imagine waking up and instead of festering in your self-loathing, you head into clouds, strap yourself to a plank, take a breath of air so clean it instantly purges last night's party from your soul, and bomb down a mountain at 30mph with a frosty, frothy reward of snow-chilled lager waiting for you in a fire-warmed bar. Yeah, it's really not hard to see why more of us than ever are jetting out to winter festivals to party our balls off. And we didn't even have to mention the untouchably good electro line-ups and cool-as-ice, hot-as-hell snowboarding chicks...

The best news, though, is that we're now spoilt for choice when picking which alpine knees-up to hit. Joining the party, one undisputedly led by the giant of the festy-at-altitude, Snowbombing, which has just celebrated its 15th year, is this month's fledgling Rise, put together by Ibiza Rocks, who know their biscuits when it comes to persuading you to lose your shit. And when you can get a week of sleepless partying and gnarly snowboarding for little more than the price of a Reading and Leeds ticket, it's damn hard to find an excuse not to. Check our pick of the six mountain top festivals, and see you out there...



**Ride and seek at Rock The Pistes**

RTP has roped in Babyshambles and The Klaxons in the past to play their stunning mountaintop stages. What's more, it won't cost you a dime: it's free.

Portes du Soleil, France,  
14-21 March 2015,  
[rockthepistes.com](http://rockthepistes.com)



**Party like it's Ibiza at Rise Festival**

Ibiza Rocks' new icy baby may be in its first year, but it has called upon English electronic group Clean Bandit to help flex its muscles.

Les Deux Alpes, France,  
13-20 December 2014,  
[wastelandski.com](http://wastelandski.com)



**Party in style at Snowbombing**

If you're still standing at the end of that alpine party onslaught, then reward your broken self with this fest. This year is the best yet, with Skrillex taking charge of the decks.

Mayrhofen in Austria,  
6-11 April 2015,  
[snowbombing.com](http://snowbombing.com)



Lo!z

## Check for swears before playing these comedy releases



● The annual comedian Christmas DVD drive has begun, with funny men and women battling their way to the bottom of your stocking. Before hitting play in a living room full of elderly relatives, assess the danger of each, using FHM's rating system of appropriateness...

**Lee Evans**

***Monsters Live***

**History of offending:**

Clean as a whistle, guv'nor

**Sarah Millican**

***Home Bird***

**History of offending:**

The odd ex-boyfriend

**Russell Howard**

***Wonderbox***

**History of offending:**

Robbie Williams

**Frank Skinner**

***Man In A Suit***

**History of offending:**

People with speech impediments

**Al Murray**

***One Man, One Guvnor***

**History of offending:**

The French

**Lee Mack**

***Hit The Road, Mack***

**History of offending:**

Female comedians

**Jack Whitehall**

***Gets Around***

**History of offending:**

*The Daily Mail* newspaper

**Roy 'Chubby' Brown**

***Don't Get Fit, Get Fat!***

**History of offending:**

Everyone ever. Send him down!

A MILD BLUSH

JUMP OUT NEAREST WINDOW

### Survive carnage at **Snowboxx**

Moving from Andorra to France but keeping a wallet-friendly price makes this a bargain, especially when you know the coolest dance acts will be there.

Alpe d'Huez, France,  
21-28 March 2015,  
snowboxx.com

### Watch the slopes at **The Brits**

Do your best not to turn into a fan boy when you watch the Brit pro snowboarders compete, before partying alongside them into the wee hours of the morning.

Tignes, France,  
21-28 March 2015  
the-brits.com

### Discover new music at **Horizon Festival**

For the past three years, this boutique dance fest has always found the best new DJs. And when a pint costs only £1, you can drink the bar dry on a micro budget.

Bansko, Bulgaria,  
7-13 March 2015,  
horizonfestival.net



# 03 Make Ghostbusters your life coach

**Classic film**

● *Ghostbusters* first hit UK screens 30 years ago this month, and it's still as entertaining as ever. There's Ray's childlike wonder ("You gotta try this pole!"), Egon's clinical lack of emotion, Peter's endearing cynicism, Winston's sod-it-it's-a-job attitude. But beyond marshmallow men, inter-dimensional fridges and a great dickless gag, *Ghostbusters* is full of lessons no other "kids" film has ever dared teach...

**Lesson 1:** You don't have to be handsome to be sexy. Bill Murray's no hunk – he slouches, he's got a belly, his face is scratched to shit – but he's attractive to women. He's confident, unflappable and charismatic, which beats Prince Charming cheekbones any day.

**Lesson 2:** It's easier to ask for forgiveness than get permission. The guys have unlicensed nuclear accelerators on their backs and run their containment unit off the city grid. But it's only when their services are shut down that everything goes shithouse – all the red tape they have to go through slows things down,

and once they succeed, they're not only forgiven but actually hailed as heroes.

**Lesson 3:** People without mates have a really shit time. Everyone who faces anything alone – Walter Peck, Louis Tully – has a terrible time, while the 'Busters manage to make gags even when facing doom, because they've got each other's backs. Imminent death leads to the film's only moment of sincerity between the buddies: "See you on the other side, Ray." "Nice working with you, Dr Venkman."

**Lesson 4:** Common sense sucks. The idea of crossing proton streams is inconceivable, as it'll result in "every molecule in your body exploding at the speed of light". But ultimately, how do they save the day? By sticking a middle finger up at common sense, throwing sensibility out of the window, and crossing those proton streams. There's definitely a lesson in there somewhere. *Ghostbusters*. It isn't just a film. It's a guide to life.



## Why it beats all other films, hands down...

What makes the funny foursome so fabulous? Well, here's six reasons...

### **Beloved childhood classic:**

*The Goonies*

### **Why Ghostbusters is better:**

It has adult protagonists who drink whisky from the bottle and chain-smoke. Children protagonists are rubbish.

### **Beloved childhood classic:**

*Gremlins*

### **Why Ghostbusters is better:**

There's no ambiguity over time zones – when does it stop being after midnight?

### **Beloved childhood classic:**

*The Karate Kid*

### **Why Ghostbusters is better:**

A proton pack is better than a crane kick.

### **Beloved childhood classic:**

*The Princess Bride*

### **Why Ghostbusters is better:**

Hmm. Actually Andre The Giant is a pretty good match for Bill Murray in the awesomeness stakes. Dead heat.

### **Beloved childhood classic:**

*The Neverending Story*

### **Why Ghostbusters is better:**

People bust ghosts in it. *The Neverending Story* ends. Titles shouldn't be confusing.

### **Beloved childhood classic:**

*Star Wars*

### **Why Ghostbusters is better:**

Rick Moranis makes a better dork than C3p0 could even dream of being.



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## Meet the man behind the greatest logo ever

Milton Glaser, the Godfather of iconic modern design, is responsible for creating the artwork for the final series of *Mad Men*. Obviously, we jumped at the chance to ask the father of 'I Love NY' to dissect his finest work...



### Bob Dylan poster (1966)

"I was very interested in Islamic and Oriental art, which is where the form of the hair came from. It's funny that those two things got together and became an American symbolic reference for the psychedelic sixties. It was distinctive because it didn't look like anything else, and what made it was Dylan himself. He was such an extraordinary figure of that moment. You couldn't go wrong if you had a poster of him, because it would certainly get celebrated."

### Brooklyn Brewery Lager (1984)

"Never work for people you don't like. Steve Hindy, the brewery owner, is a friend of mine, so I was happy to help, but he didn't like my logo right away. You'll find that's common with anything you do that's slightly innovative: when you show them something fresh, they'll resist because it's strange and unusual. It's corny to have a 'B' for Brooklyn, but when he came to me, to be truthful, the name was supposed to be Brooklyn Eagle. I said, "Look, don't call it that. The iconography is problematic. Why would you want a bird when you can have the whole of Brooklyn?"

### I Love NY (1977)

"The official story is that I designed this in the back of a cab. It was at a time when middle class people were leaving New York because it had become very violent. I've got two explanations for why it works. First, it's a puzzle to solve; the brain has to decipher the message, albeit an easy one. The other thing is the harshness of the black letter and the erotic emotional red of the heart form a conversation between the two that has something to do with dark and light, good and evil. The original sketch is in the Museum of Modern Art. I'll tell you now, it's not that awe-inspiring."

### Mad Men (2014)

"The director told me that ever since his was given one of my Dylan posters by his father, it was his dream to find a job that he could collaborate with me on. He brought me a cut-up Dylan poster as a reference, but I was concerned that I wouldn't be able to redraw the stuff the way I did in the '60s. Doing the so-called psychedelic art is something I don't really enjoy doing any more, nor did I think I was capable. Turned out it wasn't so hard."

*Mad Men Season 7, Part 1 is available on DVD and Blu-ray now*





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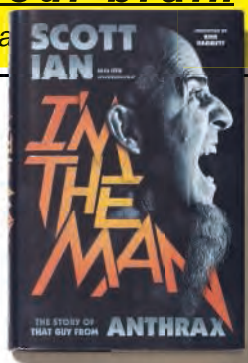


# 05

Life reads

## Take advice from celebs

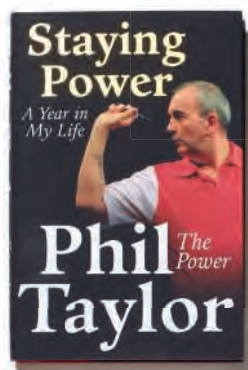
● The rich love to drop their autobiographies at Xmas, and this year's no different. We pick some random life lesson snippets for you to take into the New Year...



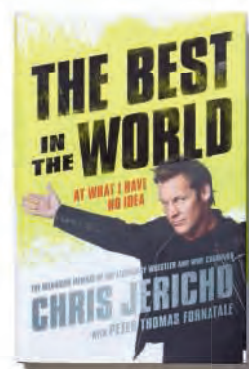
"I have vague memories of making out with this girl, and we stopped kissing because I was getting queasy. I felt the vomit come up my oesophagus, and I pulled away and puked all over her and then proceeded to puke all over Richie's bathroom."  
**I'm The Man, Anthrax guitarist Scott Ian**



"When you first hear about a blow job, you fink that someone blows your willy, don't you? Still to this day I fink it's the wrong name. It's not a blow job. It's a suck off."  
**Memoirs of Me Childhood, Keith Lemon**



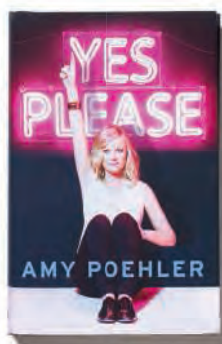
"Butlins holiday camps have always had a special place in my heart ever since my dad won £41 on the pools and took us on holiday for a week."  
**Staying Power by Phil 'The Power' Taylor**



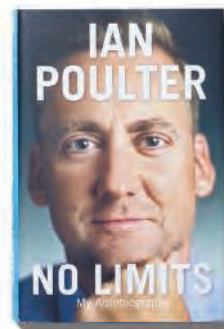
"When I checked into my room, it was almost five AM... However, I had no intention of going to bed because I was staring at a lamp on the desk and it was bugging me. The lamp stared back at me pompously and I decided I didn't like its attitude."  
**The Best In the World by Chris Jericho**



"One day, away with the Republic of Ireland team, the players were out at a local Italian for a bonding exercise. They were ordering pizzas. 'Do you want yours cut into four or eight?' the waitress asked Jason [McAteer]. 'Four definitely,' he said. 'There's no way I'll eat eight.'"  
**A Man Walks On to a Pitch by Harry Redknapp**



"I was once walking with my friend Keri in the middle of the day and some guy asked for the time. When we looked down at our watches, his dick was in his hands."  
**Yes Please by Amy Poehler**



"No one else presses my trousers. Except my mum. Everyone else leaves tramlines in them. Tramlines really, really, really annoy me."  
**No Limits by Ian Poulter**

# 06

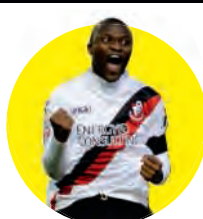
Footy

## Cheer on Bournemouth's best chance at international glory

● The African Cup Of Nations may be 7,000 miles away, but that's no reason to ignore it. There's a few familiar faces from British football to help you pick a side to back...



**The in-demand winger Bakary Sako** (Wolverhampton Wanderers, Mali)  
Twenty-four league goals from 82 appearances, Sako has had plenty of rival teams attempting to poach this midfielder from an unwilling Wolves.



**The fan favourite Tokelo Rantie** (Bournemouth, South Africa)  
An undisputed hit with the South coast terraces who may have only scored three international goals since 2012, but given their Fifa ranking of 57, isn't disastrous.



**The medal winner Genséric Kusunga** (Oldham Athletic, Angola)  
OK, so he's only got one cap under his belt, but the defender is no stranger to silverware having helped former club Basel win the Swiss double in 2012.



**The wild card Bilel Mohsni** (Rangers FC, Tunisia)  
The solid defender's no stranger to seeing red, with his fiery temper landing him in the shit on numerous occasions. Most recently, for headbutting Derby's Chris Martin in a 2014 friendly.



# THE BEST SHAVE OF YOUR LIFE

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Do you endure the morning misery of tackling your 'blue beard' with inadequate products designed for the bum fluff brigade? Do you get to the point where your face is on fire after an abortive attempt to tame your stubble beyond afternoon tea? Are you fed up with a 5 o'clock shadow?

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07

Girl crush

## Get sweaty with the fittest girl on the planet

● Good luck trying to keep up with Paige Hathaway. She's the uber-fit, internet-famous fitness guru who, unsurprisingly, has the #gymselfie on lock down. Don't take our word for it though: join her 1.2 million followers on Instagram and find out for yourself. Who better to ask, as we scoff our way to the bottom of the Christmas Quality Street tin, for the easiest way to a ripped physique when the self-loathing sets in: "The best kept secret in the gym is an exercise called Deadmill Sprints," she tells us from her home in Orange County, California. "You turn off the treadmill and sprint on it, trying to push the treadmill running deck with your whole body. It's really high intensity, you do it for ten minutes and you're done. But, guys of the gym, please take my advice. No matter how hard you're going, no girl wants to hear sounds like you're giving birth. It's a massive turn-off."

08

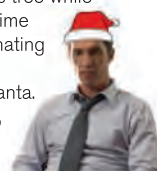
Xmas TV

## Wish for Christmas telly specials we'd actually like to see

● Christmas specials are so predictable: Doctor Who, Downton Abbey, whatever BBC comedy show is big at the time. Here are five shows we'd like to see shake-up the tired Yuletide Radio Times...

### True 'they know it's Christmas' Detective

Rust Cohle gets pissed on 24 cans of Lone Star lager and falls into the Christmas tree while mumbling about time travel and hallucinating a three-headed, multi-tentacled Santa. His partner Marty, meanwhile, has sex with a turkey.



### Mad Men:

#### Santa's Last Pitch

60 minutes of Don Draper slowly emptying a bottle of Scotch while staring enigmatically at a box of Christmas decorations that have brought painful childhood memories flooding back. Santa's brought him the same thing he does every year: soul-hollowing loneliness.



### The Walking 'in a winter wonder' Dead

Humans and zombies call off hostilities for 24 hours, and everyone sits down for a nice Christmas dinner together. Turkey for the humans, a live, terrified traffic warden for the undead.



### American Horror Story: Hail Santa

Something's coming down the chimney at the Adolf Corpus Orphanage for Deranged Children, and its brought presents – severed hands and feet, freshly retrieved from exhumed, desecrated graves.





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## Catch the unexpected film performance of the year

● Superhero movies these days may come along every other month, but back in the '80s they were things of rare beauty. When Tim Burton's *Batman* was released 25 years ago, it was hailed as a game-changer; it became the bridge between the *Superman* franchise of the decade before and the Marvel golden era to follow. It also launched the career of a then relatively unknown TV actor called Michael Keaton. Here was the Hollywood star we'd been waiting for. Only, it never happened. Things certainly looked promising with his convincingly insane roles in *Beetlejuice* and *Pacific Heights*. But after that? Keaton dropped off

the radar. Until now. In *Birdman*, he gives not only the performance of his career, but an early contender for the performance of 2015. The Academy Awards may still be a few months off, but Keaton is already a favourite to win Best Actor.

And he should win. The black comedy performance is nothing short of brilliant – not just in its own right, but also because of how the role reflects Keaton's real life. He plays Riggan Thompson, a washed-up, middle-aged ex-superhero filmstar, desperate to shed the skin of 'Birdman' – the role that has forever defined him – by spearheading a revolutionary, but risky, play.

*Birdman* – a revolutionary, but risky, film – is art imitating life at its very best. At times you can't tell if you're watching Thompson try to elude the shadow of Birdman, or Keaton struggling to free himself of Batman's cape – his own personal albatross. The result is spectacular. In a film bursting with career-best performances from Emma Stone and Zack Galifianakis, Keaton steals the show, and makes us wonder what the hell he's been doing for the last quarter of a century. Whatever it is, we're glad he's back.

*Birdman* is released in cinemas on January 2

## 10

### Insta-pages

## Double tap this book

● Burger, cat, cat, cat, burger, burger, cat, burger... no, it's not some hipster Morse Code, but exactly what our Instagram feed looks like every single morning. Not that it's a bad thing, of course. Cats are cool. Burgers are delicious. But if *The Instagram Book* (out now) proves anything, it's that we could be documenting something truly bloody inspiring and award-winning instead of last night's cheese and bacon patty. This ace picturebook details those who capture the at its best. Take our favourite of the lot, @ourwildabandon, two Canadian pals who "sold everything they owned, quit their jobs, bought a trailer and made a run for the border", taking pictures of their adventure along the way. So don't just stick an X-Pro II filter over another #catsofinstagram pic, grab this book, get inspired and go.







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# 11

## British invasion

# Feel patriotic at the cinema...

● No matter what big Christmas movie you watch at the cinema this month, you won't escape that warm belly rub of pride as you see the UK's finest stealing the screen...



### Jack O'Connell

24, from Derby  
(*Unbroken*, 26 December)  
Man-of-the-moment Jack retells the incredible survival story of Louis Zamperini, an Olympic runner captured by Japanese forces during the Second World War.



### Martin Freeman

43, from Hampshire  
(*The Hobbit: The Battle Of The Five Armies*, 12 December)  
Fresh from killing it in *Fargo* this year, Martin dons his furry feet to continue his quest to save Middle Earth.



### James Buckley

27, from Surrey  
(*The Pyramid*, 5 December)  
One quarter of *The Inbetweeners* lands himself in hot water in Egypt, as his adventure through a pyramid turns bloody scary.



### Jude Law

41, from London  
(*Black Sea*, 5 December)  
The housewife's favourite takes the helm of a rusty submarine in search of lost gold. It's dark. It's claustrophobic. Of course things don't go to plan.



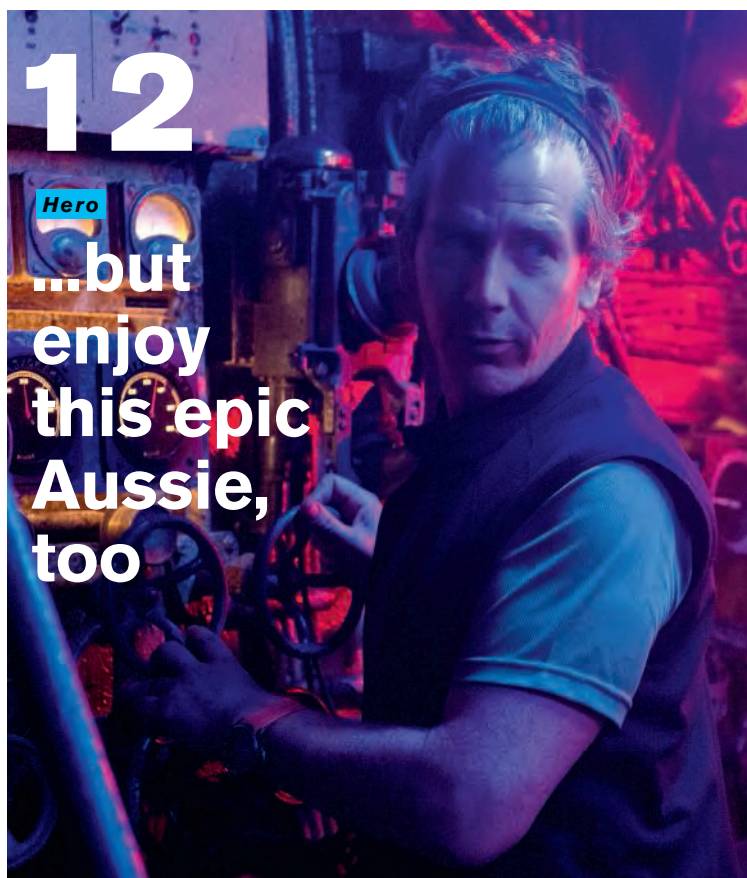
### Emun Elliott

31, from Edinburgh  
(*Exodus*, 26 December)  
After big roles in *Game Of Thrones*, *Filth* and *Prometheus*, the Scot gets biblical in alongside Christian Bale and Aaron Paul.

# 12

Hero

# ...but enjoy this epic Aussie, too



● Ben Mendelsohn. Now there's an actor who never fails to own the big screen from the comfort of a supporting role. And you can count on him to be a perfect scuzzbag with it. The evidence: Robin in *The Place Beyond The Pines*; Russell in *Killing Them Softly*; Nev in *Starred Up* and Pope in *Animal Kingdom*. You'll be seeing way more of him this month too, as he flexes his thespian muscles in two major releases, *Black Sea* and *Exodus*. Probably not dropping as many F-bombs as he did with us, though...

### Black Sea's a bit good, isn't it...

Ah that's fucking good, because you're a step a head of me there. I've not seen it.

### You never watch your films though, do you?

I just get distracted by them. You want to do your thinking about them on the way in, not the way out.

### Filming Black Sea almost entirely on a submarine can't have been the easiest thing you've done...

Look, you've got nine guys in a metal tube, half of them Russian, half of them English-speaking, so yeah, it was very tight in there. I love a submarine movie, but you've probably only got one of them in you. Doing one is like going into a cave containing a nasty beast. You've heard about this beast so you armour up with a sword and what not, but when you go in it still kicks the shit out of you. Do you go in again? I dunno. I've done it. I can check it off my list.

### You've got zero Twitter and zero Facebook... that must be liberating.

The same reason I don't watch my films is the same reason I don't have social media: I

just get distracted by them. I'm not saying that in some puritanical monk fuckin' way, don't get me wrong, it's not that. I already have great ways to waste time.

### Such as?

Video games. *Dark Souls 2* [spoiler alert] has been keeping me very busy. *GTA5* I messed around in and put it down eventually. It's a great central storyline, but too many side missions and shit. I didn't even get to the part where Trevor gets killed. I listen to loads of podcasts and one of them spoiled that part for me. *South Park: The Stick Of Truth* is good, but by the time you get to the dwarf shit, I was like, 'c'mon man'. It's great fun, but that dwarf section? I don't know if I fucking have it in me.

### What podcasts can you recommend we get listening to?

I listen to a lot from the BBC and ABC. There's some great independent ones too. A guy called Zack Twamley does a great one called *When Diplomacy Fails* which is usually about conflict. The other one I really like is *My History Can Beat Up Your Politics*. But the king of all fucking podcasts, easily, is *In Our Time*, the Melvyn Bragg weekly.

### Games and podcasts: sounds like you're a closet nerd, Ben...

There's a lot to be said for being a fucking nerd. The nerd is the secret winner in life. It's all well and good being flashy and all that shit, but sticking around, not causing drama, knowing shit... fucking forget about it. They win. It's good to look like you're not a nerd, but being a secret nerd has a lot of power. You certainly fucking don't need a lot of muscle to be an alpha male.

*Black Sea* is in cinemas 5 December



A man with a dark beard and a tattoo on his neck is shown in profile. The image is split vertically: the left side is white and the right side is red. The man's head is on the left, and his torso is on the right.

  
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# IS THE LAD AS DEAD AS DAPPER LAUGHS?

The controversial comic character may have been killed-off, but has he caused irreversible damage to the young British man?



The word 'nice' has changed its meaning more times than almost any other in the English language. Over the last 1,000 or so years, 'nice' has been used to mean (among other things): foolish; senseless; extravagant; clumsy; weak; poor; needy; shy; fat; foolish; timid; fussy and finally - its present incarnation – sort of inoffensively agreeable.

'Lad' is another one. True, it's not flipped about and shape-shifted as much as 'nice', but as we press on into 2015 the meaning of 'lad' is in a state of flux. About 15 years ago, a 'lad' was a bloke who drank pints, watched football and listened to the lairier end of the Brit Pop spectrum. Then laddishness sort of went away. David Beckham's metrosexual horde turned up



and in next to no time, the shaggy “Liam” cut and Parka had been replaced by a shimmering sea of frosted highlights and diamanté stud earrings.

The landscape has since undergone a series of geological changes. Today’s lad (as depicted in the media) has more in common with the classic American frat boy [Fig. 1], with his baseball cap, gym-generated biceps, deep *deep* v-necks and near-constant whooping. It’s a 20-year-old doing press ups in the middle of a freshman pub crawl. It’s high-fives, sugary alcoholic drinks [Fig. 2], creatine shakes, public nudity and drugs. It’s a single word – a sound – you can yell at someone as a sign that you approve of their behaviour. You *lad*.

Of course, it isn’t that simple. And nothing illustrates that point like the rise, further rise and then stomach-churning fall of Daniel “Dapper Laughs” O’Reilly. If you’re not familiar with him, O’Reilly is an internet-famous comedian whose success was based on a series of six-second Vine videos. Calling himself Dapper Laughs, O’Reilly’s shtick was centred around him being a cheeky-chappy lady’s man. He gave guys advice on how to pull, talked tirelessly about the size of his penis and harassed random people – mostly women – in the street.

The fact Dapper Laughs was offensive is obvious. But let’s not overlook something else: he was also shit. Jaw-droppingly shit. Shit like your uncle rapping at a wedding. Shit like a half-thawed steak pie sitting in an empty service station food court. Shit like a family of stick-thin dogs living in a car with no battery, windscreen or wheels.

The truth was he couldn’t even do his own act – that of a chilled-out joker – properly. The intense knot of veins on his sweat-shined forehead spoke of a deep self-doubt that ate him up inside, even as he disgorged “quality banter” like a sausage-making machine being pumped full of pig excrement. When he made the jump to actual stand up, his live performances were punctuated by weird silences that grew longer and more awkward as the show progressed, as if Dapper’s audience was coming to terms with his sheer awfulness in real time. When he was eventually given his own ITV2 dating show, *Dapper Laughs: On The Pull*, he performed like a desperate cruise ship entertainer who’d stumbled across the limelight and couldn’t believe his luck. Which is, quite literally, what he was.

Then, at the start of November, Dapper’s world fell apart around his aftershave-sodden ears. He was banned from Cardiff University by students claiming he condoned sexual violence. Homeless charity Shelter refused to accept donations generated from sales of his festive (and seriously appalling) *Proper Naughty Christmas* album, after a clip

surfaced of Dapper telling an audience member she was “gagging for a rape”. Finally, 60,000 people signed a petition to have his TV show cancelled. They got their wish.

Daniel O’Reilly is a offensive pillock, but the world will always be full of pillocks. Left to his own devices, he’d have been just another easily-avoidable social media show-off. At some point, he’d have filmed himself in a nightclub shouting “Oi oi!” into the ear of a squaddie’s wife and been exterminated.

The people deserving of genuine, white-knuckle hatred are the influential, deeply-irresponsible individuals in the media who gave him a platform to reach the mainstream. Grown men and women who, when they set eyes on Dapper Laughs’s face, didn’t see a punching bag but a pound sign. Worse than that they packaged him as the face of “lad humour”, as if being a young man in Britain meant aspiring to be as aggressive, thick and revolting as Dapper Laughs. If you were in your twenties, liked going out and maybe, occasionally, got a bit loud, you’d suddenly been tarred with the most disgusting brush ever created.

In spite of what the dickheads in TV land think, “lad culture” isn’t as simple as a mouthy cretin in a hashtag t-shirt, holding a lager can. Some people bandy the word about ironically. Others use the term as a way to take the piss out of their mates. If Dapper Laughs had in fact been any kind of figurehead for mainstream masculinity his TV show would have been a hit. As it was, it was beaten in the ratings by Jeremy Kyle, the decidedly average 1995 family film *Casper* and two repeats of the same crap *Matrix* sequel.

There is, of course, nothing wrong with being a lad. What there is something wrong with is corporations peddling crap beverages, bastardising the word and making it synonymous with prickish behaviour.

The TV execs didn’t drop Dapper Laughs because they’d come to their senses and realised he was a morally-corrupting genital wart festering on the pubis of British comedy. They dropped him because, once the controversy exploded, Dapper’s “brand” became contaminated. And the moment the commissioning editors at ITV (none of whom apologised) spot another Dapper Laughs racking up the hits on YouTube, they’ll snap him or her right up.

In the meantime Daniel O’Reilly has been on *Newsnight* in a black polo neck [Fig. 3] and killed off the Dapper Laughs character. He said he “got a bit carried away” and referred to his fans dismissively as “a certain demographic”. If Dapper Laughs was symbolic of anything, it wasn’t mainstream male culture; it was the shallow, commercially-minded cynicism of the media industry. **FHM**



Fig. 1  
This guy, basically.



Fig. 2  
A recent survey discovered that sugary alcoholic drinks were the best-loved brands among young Brits.



Fig. 3  
People will forgive anything if you dress like a 1960's French intellectual.



**Cool materials**

# THE FHM CHRISTMAS GIFT GUIDE

(FOR THE MAN THAT NEEDS URGENT HELP)

They've given you hints for what they want to find under the tree. Time to give them the best present ever...



[05]



[01]



[02]



[03]



[04]



[08]



[06]



[07]



[09]



[10]

## FOR YOU AND ME

**They say:** "How about we get something we can all enjoy?"

**They mean:** "We can share... But it's mainly mine."

**01** With vinyl sales at their highest in 20 years, there's no better time to convince your mum to give her dusty records an airing from the attic. *Crosley Record Player*, £100, [urbanoutfitters.com](http://urbanoutfitters.com)

**02** Nothing says 'brotherly bonding time' like a pigskin throwabout. *Wilson American Football*, £14.95, [amazon.co.uk](http://amazon.co.uk)

**03** *Havana Happy Christmas Cigar Gift Box*, £65, [sauttercigars.com](http://sauttercigars.com)

**04** Find cod cheeks and reindeer moss in the weekly shop after giving your pops an insight into what makes Denmark's Noma restaurant the best in the world. *René Redzepi: A Work In Progress*, £39.95, [phaidon.com](http://phaidon.com)

**05** Even if your girlfriend's a starfisher, you'll get a great kip in these fresh sheets. *Essenza Mae Bedsheets*, £60-£100, [urbanoutfitters.com](http://urbanoutfitters.com)

**06** *Nespresso Inissia Machine*, £89, [nespresso.com](http://nespresso.com)

**07** Get your other half this unisex fragrance, which you can borrow when you run out. *Molecule 01 Perfume*, £66, [liberty.co.uk](http://liberty.co.uk)

**08** Sweating up about the hunt for the perfect girlfriend underwear? You're welcome. *Mimi Holiday Lingerie Set*, £99, [damaris.co.uk](http://damaris.co.uk)

**09** *Jack Daniel's Single Barrel* (engraved bottle), £45, [whiskyshop.com](http://whiskyshop.com)

**10** *Sagaform Whisky Glasses* (set of six), £20, [habitat.co.uk](http://habitat.co.uk)



## ACE TECH

**They say:** "All you kids with your cool things... What happened to the good old days, eh?"

**They mean:** "C'mon, make me feel so cutting-edge and cool it hurts."

**01** If the price of the Apple watch has you wincing, get your bro this. It's the tech nerd's favourite and less dosh. Pebble Smartwatch, £114.27, [amazon.co.uk](http://amazon.co.uk)

**02** Davina McCall will be quaking in her pop socks as this becomes the year's best fitness gift for mums. Jawbone UP 24 Fitness Band, £99.99, [jawbone.com](http://jawbone.com)

**03** GoPro Hero 4, €379.99, [shop.gopro.com](http://shop.gopro.com)

**04** Who needs wifi in a kettle, we hear you snort? Your dad does, especially when he can get started on your mum's morning cuppa without leaving his bed. iKettle, £99.99, [firebox.com](http://firebox.com)

**05** Now your sister has no excuse for being so terrible with her phone, with this added dose of charge in her pocket. Long Life Milk Charger, £14.99, [firebox.com](http://firebox.com)

**06** DJI Phantom Drone, £358, [amazon.co.uk](http://amazon.co.uk)

**07** 3D SensoTouch Razor, £250, [philips.co.uk](http://philips.co.uk)



[01]



[05]



[06]



[02]

[03]



## BEST FOR KEEPS

**They say:** "I hate the whole buying-people-tat tradition."

**They mean:** "I need something that'll last forever, remind me of you every day and I'll never want to be without."

**01** Finally give your dad the inspiration to build you that pimp tree house in the garden with this healthy dose of cabin fever. Hide And Seek: Cabins And Hideouts, £35, [amazon.co.uk](http://amazon.co.uk)

**02** Men's Bespoke Ring (wood and precious metals), prices vary, [shirubatee.co.uk](http://shirubatee.co.uk)

**03** Bulova Watch, £349, [watchshop.com](http://watchshop.com)

**04** This is the one your sister and girlfriend have been raving about all year, the story of online retailer Nasty Gal's Sophia Amoruso and her rise to fashion

superstardom. #Girlboss, £14.99, [amazon.co.uk](http://amazon.co.uk)

**05** Give your dad a trusty companion for when he's out fishing, hiking, or just cutting up an apple in his armchair. Large Folding Knife, £14, [labourandwait.co.uk](http://labourandwait.co.uk)

**06** Everything your best mate will ever need to know about his top beers is right here, including interviews with the heroes of the craft beer revolution. Barley & Hops: The Craft Beer Book, £24.97, [amazon.co.uk](http://amazon.co.uk)

**07** Marc Jacobs Watch, £153, [watchshop.com](http://watchshop.com)

**08** Bumblebee Necklace, £126, [alexmonroe.com](http://alexmonroe.com)

**09** The Kate Moss Book, £50, [urbanoutfitters.com](http://urbanoutfitters.com)

**10** Claude Dozorme Thiers Cheese Knives, £62, [selfridges.com](http://selfridges.com)

[04]



[07]



[08]



[09]



[10]



## Cool materials

### FEET WARMERS

**They say:** "I could always do with more socks."

**They mean:** "I could always do with more socks... that don't look like granddad's hand-me-downs."



£14.99, HUF at routeone.co.uk



£8, urbanoutfitters.com



£13, Volcom at surfstitch.com



£10, next.co.uk (5 pack)



£8, lazyoaf.com



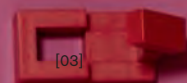
£3.50, topshop.com



£9.95, Rascals at urbanindustry.co.uk



[01]



[03]



[04]



[05]



[06]



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[08]



[09]

### WEIRD AND WONDERFUL

**They say:** "I've got everything I need."

**They mean:** "You've got no chance, pal."

**01 Unicorn Kigu,** £39.99, kigu.co.uk

**02 Bunny Stapler,** £10, urbanoutfitters.com

**03 Take the nightmare out of your girlfriend's nigiri rolls with this**

contraption that makes sushi into flawless, pro-level cubes. *Dexam Rice Cube,* £13.95, selfridges.com

**04 Eye Mask,** £8, urbanoutfitters.com

**05** Now that he's cooked DJ BBQ's pulled pork, your old man can tear it to shreds like Wolverine with these special tools. *BBQ Bear Paws,* £14.99, firebox.com

**06** If your bro loves

craft beer enough to bathe in it, fulfill his dream with a wheat beer shampoo. *Wheat Beer Shampoo,* £25, labourandwait.co.uk

**07 Knit Your Own Dog Jumper** (dachshund size), £28, habitat.co.uk

**08 Cats – Best In Show, A Trump Card Game,** £8.95, magamabooks.com

**09 Mikkeller Craft Beers,** prices vary, beerhawk.co.uk





## HOME IMPROVEMENT

**They say:** "Just get me something for the house."

**They mean:** "Please help, people think I live in a bin."

**01** Kings of all things woollen, a Pendleton

blanket is a real luxury that'll turn your brother's hovel into a hipster home. Pendleton Blankets, prices and styles vary, pendleton-usa.com

**02** Makers & Merchants Olive Oil, £13, heals.co.uk

**03** Pug Mug, £9, urbanoutfitters.com

**04** Falcon Enamelware Prep Set, £55, heals.co.uk

**05** Wood Fire Pizza Oven, £365, chadwickoven.com

**06** We Buy Brass, Gun Metal, Copper, Pewter, Best Prices Given Vintage Poster, £145, pedlars.co.uk

**07** Urban Grow Terrarium, £30, urbanoutfitters.com

**08** When your sister tells all her sexy pals it was you who bought her this soft ice cream machine, they'll all want you to be their boyfriend. Ariete Party Time Soft Ice Cream Maker, £61.10, amazon.co.uk

**09** We're pretty sure your mum always wanted a pepper grinder that looked like it had been stolen from the Starship Enterprise. Tom Dixon Tower Pepper Grinder, £50, heals.co.uk

**10** He Is The Zissou, £30, thefloodgallery.com

**11** Give your bro some early-morning encouragement to wake the hell up with this inspirational poster by Barry Leonard. Hey Ho By Barry Leonard, £40, printclublondon.com



## Cool materials

[01]

[02]

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044 **FHM** JANUARY 2015

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## SMALL BUT MIGHTY

**They say:** "Just get me something little."

**They mean:** "Pocket-sized yes, but big in every other way."

**01** Everyone from Instagram CEO Kevin Systrom to legendary skateboarder Jamie Thomas (who you played as in *Tony Hawk's Pro Skater*) has one of these attached to their iPhone cameras, making it perfect for the coolest brother. *Oloclip iPhone Lens*, prices vary, [oloclclip.com](http://oloclclip.com)

**02** These little beauts will cool your bro's wee dram without any ice, chilling it from the outside in. Just make sure he has space for them in the freezer. *Teroforma Ekke Shot Glasses*, £40, [selfridges.com](http://selfridges.com)

**03** *Leatherman Jam Style PS Tool*, £47.99, [routeone.co.uk](http://routeone.co.uk)

**04** *Bobbi Brown Trio lipgloss set*, £29, [johnlewis.com](http://johnlewis.com)

**05** *Noose Bottle Opener*, £14, [goodhoodstore.com](http://goodhoodstore.com)

**06** Just 35mm tall, Polaroid's brand-new assault on the HD video camera market has a 124-degree lens, and is so hardy, even your sis can't smash it. *Polaroid Cube*, £89.99, [amazon.co.uk](http://amazon.co.uk)

**07** *Folding Sunglasses*, £65, [sunpocketoriginal.com](http://sunpocketoriginal.com)

**08** *Liquid iPhone Case*, £18, [selfridges.com](http://selfridges.com)

**09** Designed for the small but hardcore motorcycle community in Japan, your Dad doesn't need to buy an £50k hog to feel like a mid-life hellraiser. *Neighbourhood Anchor Key Hook*, £115, [goodhoodstore.com](http://goodhoodstore.com)

**10** Your better half looks heart-meltingly pretty riding her bike to work, but when she can't fix a flat, she turns into a wrathful hatebeast. *The Nutter Cycle Multi Tool*, £39.99, [full-windsor.com](http://full-windsor.com)



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# WHAT WOULD YOU



**Julie, 31,  
works in fashion**

"No one should be allowed to wear a crop top, especially the people that can't fit into them but do it anyway."



**Pepe, 20,  
photographer**

"Those little scooters. There are just so many of them."



**Laura, 26, PR**

"People who say 'like' all the time. It's so annoying! It's not a good use of the English language... like."



**Collette, 18,  
works in marketing**

"Mean people. I don't want to change the world, but if people weren't mean we wouldn't have half as many problems."



**Julius, 21,  
student**

"The death penalty. No one deserves to choose whether someone should live or die, no matter what happened."



**Henry, 22,  
student**

"Forced marriage, because nobody should be told who they're going to spend the rest of their life with."



**Phillip, 32,  
works in advertising**

"There are too many rent-a-bike tourists. They'd be better off with a sign saying, 'I'm a tourist, watch out.'"



**Fraser, 22,  
works in a skate shop**

"I want to make it illegal to ban skating in city centres. Now, you get a ticket and go to court."



**Caryn, 28,  
office manager**

"Guns. It's silly and out of control. Guns cause too many crimes."



**Mick, 32,  
ninja**

"Hate. It causes all of the problems in the world; it's the opposite of peace, right?"



**Hamime, 28,  
works in recruitment**

"Forced advertising. When you're manipulated by organisations, the media, stuff like that."



**Margolym, 20,  
student**

"Screaming children that cry in public. Spoilt brats really annoy me."



# MAKE ILLEGAL?

*FHM* went to Amsterdam to watch the Mountain Dew Tour AM Series, and asked its patrons what they'd outlaw...



**Will, 25,  
skate teacher**

"If we could ban people stepping off to do shit when they really don't need to be doing that shit... Shit man, I'd get on that."



**Sebastian, 27,  
website builder**

"Bosses. Any boss should be illegal."



**Mark, 30,  
peacemaker**

"They shouldn't make anything illegal, they should legalise more. There are already too many rules out there that don't affect anything."



**Abbie, 30,  
works in marketing**

"Frowning. I live in a place where nobody smiles and I miss smiling at people."



**Rembrandt, 62,  
famous painter**

"Ban politics, ban fighting and make peace for everyone."



**Ellis, 36,  
nanny**

"Smoking in queues. Y'know, when you're in line and everyone's smoking in your face and you can't even leave."



**Sophie, 24,  
office manager**

"People who wear UGGs annoy me the most. Especially men."



**Noreen, 23,  
student**

"White leggings. They're ugly and fit nobody."



**Lawrence, 24,  
barman**

"Scooters. They ruin everything."



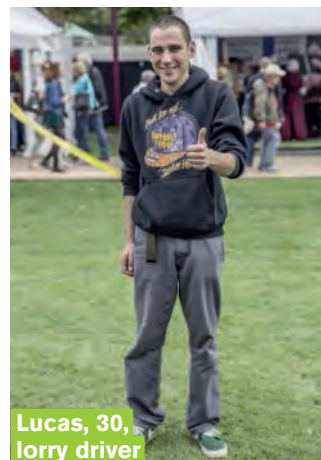
**Beth, 35,  
works in admin**

"People talking during performances. It's disrespectful to the person performing and distracting for me."



**Annabelle, 20,  
student**

"Fighting. If we didn't fight any more, the world would be a better place. Eurgh, that's really cheesy."



**Lucas, 30,  
lorry driver**

"Killing people. It's stupid."









# THE Record BREAKER

**Words:** Joe Madden **Photos:** Pål Hansen

She's the legendary DJ with the power to skyrocket your dance music career into the chart stratosphere. Get the nod of approval from Annie Mac, and you're set for stardom...



"I walked onstage to this wall of noise – my name, being chanted. And I was actually moved to tears. I had to have a word with myself: 'Not a good look, crying while DJing!' I spent the first 10 minutes with my head bowed right down, trying to hold it together. It was just... phenomenal. I'll never forget it."

Annie Mac's Saturday set at Glastonbury 2014 saw her shift from being a *big* deal in the UK dance music scene to being perhaps the *biggest*. Here's your proof that the 36-year-old DJ is truly the Cool Big Sister of Britain's young ravers, whose wild weekends are religiously bookended by her two hugely popular Radio 1 shows,

in which she eggs on your Friday hedonism, then soothes your broken mind during the comedown. "We kick off Fridays all big and giddy, then the Sunday night show's a mellower, 'all back to mine' vibe."

Aside from broadcasting, there's Annie's club DJing, which has now reached the travelling-by-private-jet, three-gigs-in-one-night, huge-crowds-chanting-her-name level. Then there are the annual *Annie Mac Presents* compilations, which have grown, over the course of six volumes, into a bona fide yearly 'event' within electronic music; a multi-platinum, buzzed-over snapshot of what's hot and what's next. Make it on to an *AMP* tracklist, and you can truly say you've arrived. »



Her uncanny instinct for next-big-thing spotting launched the careers of the UK's two current biggest dance acts: Rudimental and Disclosure. She played both acts' earliest tracks, then booked them on to the Annie Mac Presents 2012 tour. Her support proved life-changing: within months, Disclosure had dropped half-finished A-levels for first-week album sales of 45,000; Rudimental went from council jobs in favour of prime tables at the BRIT, MOBO, EMA and Mercury awards.

All the while, Annie's managed to keep one foot in the mainstream, one in the underground. She'll champion poppy tracks that go on to storm the charts – see Kiesza's *Hideaway* – but she counterbalances them with darker, harder tunes from the outreaches of electronic music. She's gained the trust of everyone from frowning techno snobs to lairy party monsters alike – an incredibly rare trick. Her secret? "I try not to worry about who I'm gonna please," she shrugs. "There are too many people to try and keep happy – and once you get your head into that place, you're *fucked*."

### One love

Sitting across from *FHM* above a west London pub, looking back over her decade-long career in music, Annie MacManus seems understandably happy with her lot. That distinctive, Dublin-via-London brogue regularly crackles into laughter as she marvels at the fact that, through sheer bloody-mindedness, she actually managed to achieve her ridiculously specific teenage dream: to land her own Radio 1 show on which she championed leftfield dance music.

It was during her first year at uni in Belfast that Annie fell hopelessly in love with dance music, her growing obsession fuelled by a weekend job at cutting-edge club Shine ("It specialised in techno – Belfast likes its dance music *hard*"), and Mary-Anne Hobbs' Monday-night Radio 1 show, *The Breezblock*. "I was ob-*essed* with that show," Annie sighs. "I distinctly remember listening to Mary-Anne Hobbs and saying to myself, 'I wanna do what she does.'" And she meant that literally.

It was the late '90s – the era of Fatboy Slim and big beat. "I'd listen to Mary-Anne and hear tracks by people like The Wiseguys, Les Rythmes Digitales, and of course, Norman Cook. And I'd record the show, every week – on MiniDisc!"

The *Breezblock* was a weekly lifeline for Annie, feeding her invaluable info into what was happening within underground music. It's seems strange to recall now, but back before the internet connected everyone with everything at all times, finding out about killer new tunes was no



## "EVERY SINGLE MOMENT OF MY FAVOURITE RECORD IS STAMPED INTO MY BEING"

easy task – and actually *buying* those tracks was even trickier.

"I bought a pair of decks and started digging to find vinyl, but there weren't many places to buy dance music in Belfast – just one huge HMV." Today's fledgling ravers may have instant digital access to more tracks that they could ever listen to, but Annie doesn't envy them. "The way we consume music now, it's so sped-up and fickle. It's all, 'OK, I like that track, next track, yeah that's cool, next, next, next.' Back in the day, records had more time and space to grow and develop, and artists did too. Records like *Blue Lines* by Massive Attack or *Dummy* by Portishead – I know

every single moment of those albums, they're stamped into my being. But I can't say the same of albums I hear today."

Annie's been heartened, though, by the recent astonishing revival in vinyl sales, and the return of tune-chasing one-upmanship. "What's great is that it encourages people to value the music and value the exclusivity of it. You used to have 100 white labels of a tune pressed up and people would be trying so hard and paying so much cash to get hold of one. And it felt exciting, hunting down a tune that you wanted, that you *needed*. The access now is so easy, and it makes music feel more disposable, and you get bored quicker."





After finishing her degree, Annie spent a miserable, homesick year in Farnborough, Hampshire, ("It just felt so cold and dead, culturally") where she completed a course in radio production, before moving to London to realise her insanely singular ambition. "Thing is," she says, "with a job like mine, there's no clear path to getting there. It's not like being a solicitor or a doctor, where you go to uni and study law or medicine. You have to find your own way, and so much of it is about luck and timing and knowing people who'll help you."

Things did not, initially, go swimmingly. "I was grafting, doing lots of different jobs, trying to get to where I needed to be. There were times when it was depressing and exhausting. I'd be so skint. Quite often I was like, 'Fuck this, I can't go on. I give up.'"

Her break into sort-of radio came when she landed a job at the now-defunct Net FM, an online radio station, "back when internet radio was gonna be 'the next big

thing'. It was aimed at middle-aged men, so we made shows about cars, the stock market... It was *such* a weird station! It only lasted eight months, then it folded."

But Annie's time at Alan Partridge FM helped her to land a bottom-rung role at BBC Radio London. "I was making tea and filling in for people when they were sick for a good year or so. It set me on the path to being taken seriously." She graduated to Radio 1 where she produced shows and voiced jingles, before being entrusted to stand in for her hero, Mary-Anne Hobbs, presenting *The Breezeblock*, the show she'd obsessed over. She'd aimed herself at one distinct, distant point – and arrived there, dead on target. "Yeah," she laughs, "it was kind of weirdly focused of me..."

Audiences instantly took to Annie's savvy but down-to-earth persona, and she swiftly bagged her own show. Her fanbase has grown exponentially year-on-year, and is now at the size where a track given the

Mac seal of approval stands a solid chance of breaking the top 40. Annie reckons, modestly, that isn't so much down to her own rise in popularity, but to the huge surge in appetite for dance music.

"Dance music as a trend has become so massive, so popular and so ubiquitous, and it's *still* getting bigger. So, if I *really* champion a track then there's a good chance it'll end up going to number one, because dance music is filling up the charts."

"You can use the *Annie Mac Presents* albums as a gauge for this," she continues. "With my early compilations, the label used to say, 'You've gotta put more hits on there!' and I'd be like, 'Noo, I don't wanna compromise! We'd have the same fight, every year. But now, the kinds of tracks I support become proper hits.'"

### ***State of the nation***

Dance music's current mainstream visibility is due, in no small part, to America's »





## “DJS GET HIGH-HORSEY ABOUT EDM. I LISTENED TO SHIT MUSIC WHEN I WAS 14. SO WHAT?”

belated but enthusiastic conversion to rave – or EDM, as they’ve chosen to call it. Many DJs, producers and dance fans have been extremely vocal in expressing their disdain for EDM, and the cheesy excesses it represents: stadium crowds worshipping one-man-brand DJs; widespread fake knob-twiddling to pre-recorded sets; plasticky anthems as enormous and empty as a Michael Bay *Transformers* movie. For her part, Annie is no fan of EDM – but she’s not prepared to lay into it the way many of her contemporaries have.

“A lot of people have been very outspoken against EDM, and, yeah, it’s completely dumbed-down dance music,” she shrugs. “It’s dance music done the American way – XXXL. In a stadium, you have to have something for people to look at beyond a DJ hunched over a laptop – these people want a *show*, y’know? So yeah, there are the lasers, the Co2 cannons, the confetti cannons, the heart signs” – she winces as she makes a heart-sign with her hands

– “and yeah, it *is* over the top, and also totally generic.”

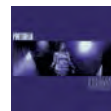
You can feel the ‘but’ coming. “But! The good thing EDM has done in America is cause a trickle-down effect. So you have 17-year-olds into Avicii, but then they grow up. They’re 21, 22, and their taste gets more refined. EDM is their entry point, but then they move on to, say, Dirtybird records.

“I mean, when I was 14, I liked shit music. You don’t know at that age, you haven’t developed. So I don’t like it when DJs get high-horsey about EDM – ‘Oh my God, can’t believe those kids are into that shit music!’ It’s not like any of us were listening to Carl fucking Craig at 14, is it?” And on that cheerfully ranting note, Annie’s press officer taps her watch to signal that they need to get moving – appointments are pressing, people are waiting, time is ticking. Things don’t stand still for long when you’re the Cool Big Sister to millions. **FHM**

Annie Mac Presents 2014 is out now

## THE MUSIC THAT MADE ME

Annie rifles through her vinyl collection to find the five records that matter most...



### Portishead *Dummy*

The debut album by Bristolian sad-hoppers Portishead was more than just a great album to Annie – it actually impacted on the path her life would take. “When I was 15, this was one of two albums I got that introduced me to electronic music, and just completely blew me away. I’d listen to *Dummy* over and over, soaking up every moment, every nuance. The other of those two albums was...”



### Massive Attack *Blue Lines*

One of the defining albums of the 1990s, *Blue Lines* blended hip-hop, reggae, soul and rave, and you can hear its genre-mashing influence reflected in Annie’s radio shows and DJ sets today. “I’ve still got my original vinyl copy of *Blue Lines*. I listened to it the other day, in fact, and it still sounds so fresh. It was so forward-thinking.”



### Stevie Wonder *Innervisions*

“If my house was burning down and I could only save one piece of vinyl, this would be it.” This 1973 album represents the peak not only of Wonder’s career, but of Motown Records as a whole. “In Farnborough there was a car-boot sale every week, and there were *shitloads* of records there. I’d buy one record on Motown or by George Clinton or whatever, love it, and then go and buy everything I could find on Motown, or by George Clinton. I was joining the dots.”



### Les Rythmes Digitales *Darkdancer*

Les Rythmes Digitales (AKA Stuart Price, who’d go on to produce Madonna and Kylie) was one of several late-’90s acts who crossbred electro, pop and rave to create the dizzy, supersized sound known as big beat. “I was in the fan club for big-beat label Wall of Sound – they’d send me flyers through the post and I’d stick them up all over my walls.”



### Daft Punk *Burnin’*

This loopy single by the Parisian duo – taken from their debut album *Homework* – still sounds deranged 17 years after its release. Annie’s 12-inch of the track is one of her most treasured possessions. “Out on the dancefloor at Shine, dancing to Daft Punk’s *Burnin’* – that’s when I fell in love with dance music.”



Hanging with **Robert De Niro**...  
Playing poker with **Bill Clinton**...  
Passing out by **Jennifer Aniston**'s pool...  
Text battles with **Taylor Swift**...  
Ordering beanbags on ecstasy...  
**Ed Sheeran** knows how to enjoy life...

# Read the ultimate interview with the biggest artist in modern music...

ONLY IN **Q** THIS MONTH





THE GIFT  
BEYOND CHRISTMAS



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***Drink like a man***

# THE THREE SPIRITS OF XMAS

Bump up your festive drinking with the help of the past, present and future of epic Christmas booze...

**Celebrate the present (even if you are a miserly old Scrooge) with Hayman's Sloe Gin**

● No doubt about it, 2014 was the year of the Gin uprising – a revolution of craft distilleries sticking a middle finger up to mass-produced 'Mother's Ruin' and making their own tipples with incredible results. We see no better way to celebrate the year's best trend than with gin's pimped out cousin: sloe gin. That hip flask you've just unwrapped? Get this gold-winning bottle straight in there, and feel a slow fire in your loins.

**Make your future even brighter with Don Papa Small Batch Rum**

● If a boney-fingered ghoul has shown you your final resting place, you won't want to meet your maker without sampling the small batch rum movement first. Already embraced stateside, Don Papa from the Philippines, is one of the finest limited-run rums to reach our shores this year. With big vanilla and spice flavours, there's no reason not to knock it back with your Xmas pud.

**Recount ye olde worlde memories with the Tom and Jerry cocktail**

● Way before any cartoon cats or mice, this rich and boozy warmer thawed the bellies of Americans at the first sight of snowfall in the 19th century – the same time Dickens was penning *A Christmas Carol* in England. Now the toasty cocktail, packed with festive flavour, deserves a comeback. It'll take a bit of time and elbow grease to get there, but damn, it's well worth it...

## HOW TO MAKE IT

**For 10-12 servings, you'll need:**

6 eggs  
Dark rum  
125g white sugar  
Pinch of all-spice

Pinch of ground cloves  
Pinch of ground cinnamon  
Brandy  
Milk  
Nutmeg

**01** Separate the eggs and beat the yolks until thick. Whisk in the sugar, rum and spices. In another bowl, whisk the whites until thickened, then fold in your yolk mix.

**02** For each drink, add a spoon of the mix to a mug and add a healthy glug of both brandy and rum. Top up with equal parts warm milk and boiling water.

**03** Finish with a grating of nutmeg, and serve. Put on your nightshirt and ye olde sleep cap, and wait for the *real* spirits to arrive.



*DJ BBQ PRESENTS*  
***FHM man food***



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## THE VIKING CHRISTMAS

# TURKEY LEGS

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Xmas just got extra x-rated with these super-sexy gobbler pins...

### **DJ BBQ SAYS...**

"Merry Christmas, y'all! 'Tis the season to chow down 'til you're dead, and I'm not talking your dry meat, soggy roast potatoes and farty sprouts. No way man, we've going super old skool and channelled some Viking rad this 25 December. If there's one way to undo all the douchiness of wearing a Christmas sweater, it's tearing succulent flesh from these turkey legs with your chompers.

"Firstly, we're cooking with the best free-range turkeys on the planet all the way from my bro Paul Kelly. He breeds them so damn good that they're more like dinosaur legs, dude!

"Secondly, this is simply the best part of our beautiful feathered beasts. Brown meat beats white, man. White goes dry, and brown has more flavour and richness.

"What's more, I recently had a revelation. When you zest a tangerine and dry it out, you get an insane taste but also a smell like a box of Fruit Loops cereal. That, with the right rub ingredients and a slathering of maple syrup near the end of the cook, makes the perfect Xmas barbecue sauce, and son, that's the greatest Christmas present of all. Praise be to the baby Jesus!"



**THE RECIPE****Preparation time**

2.5 hours

**Ingredients**

Tangerines  
 Tbsp of garlic granules  
 Tbsp onion granules  
 Tsp chilli powder  
 Tsp cinnamon  
 Tsp sea salt  
 Tsp cracked black pepper  
 Turkey legs  
 Maple syrup

**01**

"This may be the simplest and coolest recipe we've ever done," says DJ BBQ. On Christmas Eve, zest a handful of tangerines and leave to dry out overnight. "You want to be

able to crumble it up into the rub," he advises. Feel free to speed things up with a super low heat in the oven, but be careful not to burn it and ruin Christmas.

**02**

Once dried, make your rub by mixing all the dried ingredients together. Then sprinkle over your legs and pat down. Stick

them in the oven at 180°C and cook for around 60 to 90 minutes, depending on the size.

**03**

"Here's where the magic happens," says DJ BBQ. Twenty minutes from the end of your cook time, slather over some maple syrup and return to the oven. Any earlier, and you risk burning the sugar. "It's one of the world's best sweeteners, and with the rub, bang! Christmas just got gnarly."

MAPLE SYRUP GIVES THE LEGS A SWEETNESS WHICH GOES PERFECTLY WITH THE DRY RUB



SHOW US YOUR  
**MANFOOD!**  
 #FHMManFood







# WIN £1,000 OF MANCINI CLOTHING!



## Enter our prize draw to be in with a shot of winning a new winter wardrobe

With Xmas just around the corner, it's time to save up for a season of eating, drinking and being goddam merry.

But that doesn't mean you should have to wear last year's threads for party season.

If you don't fancy splurging out all your Christmas cash on new clothes, we may have a solution for you. Just send a text to the number below, and you could win a grand's worth of clothes from premium men's brand Mancini.

**To enter, simply text WIN to 65115 before midnight on the 21st Dec 2014. Texts cost £1.50 plus standard network charge.**

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The Antonio Mancini menswear brand is a hybrid concept fresh out of Italy.

Many men seek the quality and style that a designer make such as Antonio Mancini offers, and now they can have it. With subtle attention to detail - through contrast trims and stitching - Antonio Mancini is very much Italian at its heart but has been fitted around the British man.

Well known for its distinctive polo designs, Antonio Mancini also offers made to measure suiting, shirting and jeans in selected stores! Antonio Mancini menswear is fast becoming the next big thing and is the sought after brand for today's modern man. However, Mancini is determined to maintain its ethos of exclusivity and protect the brand our customers have come to love wearing.

[www.mancinimenswear.com](http://www.mancinimenswear.com)

**FHM: It's Great To Be A Man**

To enter, text WIN to 65115. Texts cost £1.50 + standard network rate. Ask the bill-payer's permission before entering. Entries must be received before midnight on Monday 21st December 2014 or will be invalid (but the cost of the text may still be charged). One winner will be selected, by random electronic draw, from all correct answers. To enter for free visit [www.fhm.com/mancini](http://www.fhm.com/mancini). The winner will be notified, by phone (on the number the text was sent), between 7 and 10 days after competition end date. Competition promoted by Bauer Consumer Media Limited t/a FHM ("Promoter"). Multiple entries are accepted but entrants must be over 18, resident in the UK, and not be employed by the Promoter or otherwise professionally connected to the competition or prize. Full t&cs apply, see <http://www.bauerlegal.co.uk/competition-terms.html>. Prize supplied by: Mancini Menswear. It is non-negotiable with no cash alternative and Promoter is not responsible for late delivery or unsatisfactory quality of it. For any concerns regarding this competition, call 01772 477736.





This month's challenger...

# JEMAINE CLEMENT

Can the Flight Of The Concorde cult comic prove his manly mettle?



**01 What is the biggest thing you've set on fire?**

Probably just a normal fireplace fire. Maybe a bonfire when I was a kid but I can't be sure. I'll be honest with you, I don't expect to pass this test.

**Not bloke X**

**02 Have you ever fraped someone?**

I did that for the first time the night before last. I was supposed to do a Q&A on [co-star] Rhys Darby's Facebook so they gave me control over it, but I just messed with his statuses. I admitted it was me immediately though.

**Not bloke X**

**03 Do you own any coloured jeans?**

Oh jeez, I have off-white ones. I got them in 2011 and every so often I give them a try, but I don't take them out in public.

**Not bloke X**

**04 Have you ever shaved part of your body other than your face?**

I can understand some men feel self-conscious about having hairy backs, but otherwise, just leave it. Why put pressure on everyone else to do it? Men go around with perfect eyebrows now and it's just weird. Only if you're doing a drag act, then it's excusable.

**Bloke ✓**

**05 Have you ever had a spectacularly successful session of DIY?**

I made a table when I was 14 that I still talk about. The top was made of two different kinds of wood. It still gives me confidence that I could make another table at any moment.

**Bloke ✓**

**06 Have you ever spent a significant amount of time talking to an animal?**

When I had a paper run I had an imaginary retriever dog. Does that count? I am fully aware that I was too old to have an imaginary dog friend.

**Bloke ✓**

**07 Ever put your penis through your legs and pretended to be a girl?**

In private, yes. I can't imagine that I've done it in front of others.

**Bloke ✓**

**08 How do you behave at barbecues?**

I would describe it as 'helping out, a bit'. I don't have a barbecue. It's an ambition I'm yet to achieve.

**Not bloke X**

**09 Have you ever had a poo with someone else in the room?**

Now I have a son, a private poo is a luxury. He's real good at just bursting in.

**Bloke ✓**

**10 Have you ever let a girl put makeup on you?**

I made a deal with my ex. She looked like Björk, so I asked her to get Björk's haircut. In return, she could put makeup on me.

**Bloke ✓**

**11 Have you ever killed something and eaten it?**

I used to catch eels in creeks. When you catch them, they leave this film of slime on your skin and they look like the mouth of the alien in *Aliens*. I don't think I ever killed or ate them, though.

**Not bloke X**

**12 What sort of manly nicknames have you had?**

One of my friends was reading *Playboy* and saw that 'jism' looked similar to Jim. So I was called Jism, then just Jizz.

**Not bloke X**

**13 What topping do you have on your pizza?**

Fancy ones, but I had a pizza last night and it was a margarita because it's my five-year-old son's favourite. There are two things you give up when you have kids: private poos and posh pizzas.

**Not bloke X**

**14 How long can you leave food on the floor before you can't eat it?**

I know the answer to this and it's about 10 hours.

I once got really sick in a hotel room, and there was a piece of toast that had fallen off my tray in the middle of the night. I woke up and there it was, and I still ate it. It was a pretty depressing moment. Who knows what ends up on those carpets.

**Bloke ✓**

**15 What's the last thing you spilt down yourself?**

Jizz. No, I'm just joking. I think it was jam.

**Not bloke X**

**7/15**

As predicted by the man himself, it's an abysmal effort from our Kiwi pal.

*Jemaine stars in the brilliant What We Do In The Shadows, out now*

## THE BIG BLUE BAR OF SOAP

Proper men use proper soap to keep stinky pits at bay. So, from the blokes at The Bluebeards Revenge comes a big bar of manly soap, designed to keep you smelling fresh for longer.



BLUEBEARDS-REVENGE.CO.UK





Wow

WHAT A  
GODDAMN  
YEAR



# WHAT WE LEARNED IN 2014



JOIN US AS WE SALUTE ALL THE THINGS THAT  
MADE THE YEAR GONE BY SO BLOODY  
EXCEPTIONAL. AND ROBBIE SAVAGE

ILLUSTRATION:  
ROBBIE'S  
BROWN SHOES

WORDS:  
MATT BLAKE





Number 01



I INVENTED  
NEKNOMINATE

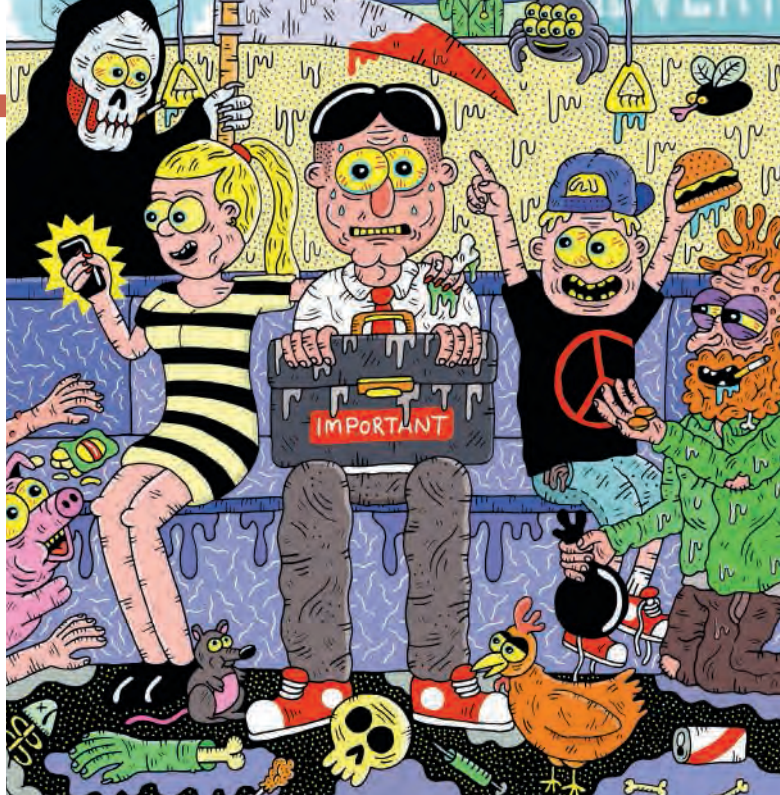
## A DRINKING GAME IN LEEDS CAN TAKE OVER THE WORLD

Will Green, 22, was a student at Leeds University when someone unintentionally filmed him downing a pint. Thus began one of 2014's biggest viral video crazes...

"The game was played in the uni hockey club for years before I turned up. When someone wanted to move on to the next pub, they would finish their drink and nominate the next person.

"The first video was me sinking a pint in front of our next door neighbour's house. We'd only just moved in and I thought it might be a good way to break the ice. It actually led to them thinking I was a weirdo. At the time, me and my mates were trying to make GoPro videos go viral and failing miserably. So I thoroughly enjoyed getting more than 50,000 hits for the neck and nominate. Had I known so many people were going to see it I would have put in more planning.

"The bad press did bother me. You don't want to be associated with a game that's putting people in hospital. But people are always going to take these things too far. It quickly got away from people having harmless fun. Some of the things people did were absolutely stupid. My favourite NekNominate? The guy hanging out the car in a superman costume. But neck and nominate has had its time; these fads have great power to raise awareness and money for great charities. Unfortunately, neck and nominate did neither."



## WE WERE TERRIFIED OF AN EBOLA APOCALYPSE

Number 02

...but then we spoke to Dr Adam Kucharski from the London School of Hygiene and Tropical Medicine who told us about the deadly viruses we really should be worried about.

### So what makes a virus dangerous to a city in the UK?

Three qualities would make it very dangerous. The first is a virus that's airborne. The second would be one where people are spreading it before showing any symptoms. Thirdly, it would be a virus that has a short incubation period – a very short interval between someone being exposed to it and becoming infected. The most dangerous ones are where you could be on a bus and not know that the passengers were infected.

### And Ebola?

Ebola has none of these qualities. So in a place like London, it would be easy to control. The flu, however, has all of them.

### What other viruses act like that?

SARS caused problems a few years ago. Now there's a related disease: Middle Eastern Respiratory Syndrome, or MERS, which has a high fatality rate. Right now, it hasn't caused a massive epidemic. But these viruses are always mutating.

### Mutating? What does that mean?

It's what makes certain viruses hard to control. Like bird flu: every time it jumped from poultry to a human, it was the virus attempting to pick up the mutations it needed to spread more efficiently. Back in 2009, with swine flu, it was as if pigs were operating as an evolutionary mixing pot for viruses that could spread to humans.

### What's a worst-case scenario?

In terms of a doomsday situation where a virus comes and completely wipes out a city, it's very hard to say. But it's very likely there will be another pandemic. A particularly bad one was the Spanish Flu in 1918, which some estimate killed more people than the First World War.

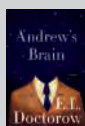
### So how concerned should we be?

When new viruses do emerge, they can quickly cause a lot of damage; we should be concerned with detecting them. The world is connected; something that starts in Asia or Africa could become a problem for us very quickly. No virus can be ignored.

N°s 03-05

### SOME (VERY) COOL BOOKS WERE RELEASED

We asked some authority friends to recommend their favourites...



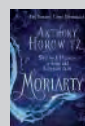
**Chris Ryan, SAS hero**

"I've just read *Andrew's Brain* by EL Doctorow. It's got a very creepy style, and it rewrites history as you know it. An interesting read." (Agent 21: Deadfall by Chris Ryan is out now)



**Alastair Campbell, political mastermind**

"*The Narrow Road to the Deep North* by Richard Flanagan. It's brilliantly structured as he describes the horrors of life as a prisoner of war." (My Name is... by Alastair Campbell is out now)

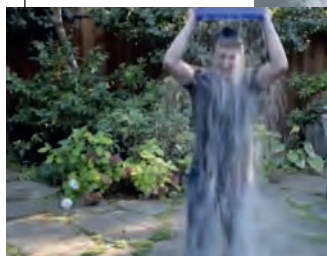


**Dan Walker, BBC 1 Football Focus presenter**

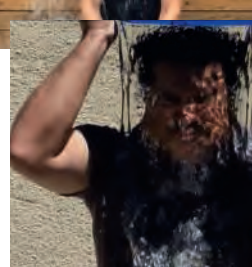
"*Moriarty* by Anthony Horowitz, who has done a tasty job on Sherlock Holmes here. He's also writing the new James Bond book." (Football Thronkersaurus by Dan Walker is out now)



# END OF YEAR BLOWOUT



**I INVENTED  
THE ICE  
BUCKET  
CHALLENGE**



*Number 6*

## BUCKETS CAN BE A FORCE FOR GOOD

Baseballer Pete Frates, 29, was diagnosed with degenerative nerve disease Amyotrophic Lateral Sclerosis (ALS) in 2012. But rather than lie down and accept his fate, Pete – together with his family and friends – came up with the ice bucket challenge as a way to raise money for ALS research.

"What if you woke up today and someone told you that you have two to five years to live? What if they also told you that during those two to five years, although your mind will be totally intact, you would lose your ability to speak, eat and breathe? That day came and went for me on 13 March 2012 – the day I was diagnosed with Amyotrophic Lateral Sclerosis (ALS).

"I once prided myself on my strong hands. They helped me become a baseball star and eventually captain of the Boston College Eagles in 2007. They helped me grip the bat, fire the barrel through the zone and squeeze a fly ball safely into my outfield mitt.

"Today, my hands are unable to type this story. I depend on eye-tracking technology to deliver the message that my sturdy voice and fingers once did.

"There is no cure, no treatment. It was devastating, but I was determined not to lie down and wallow in self-pity.

"I first did the ice bucket challenge with my friend, Pat Quinn, who also

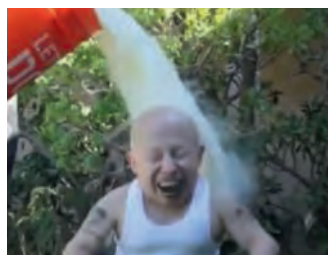
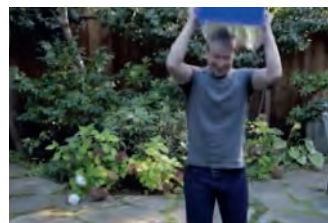
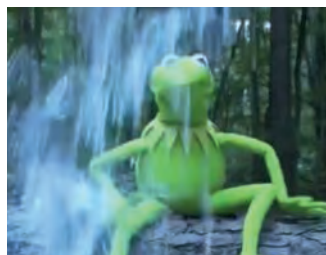
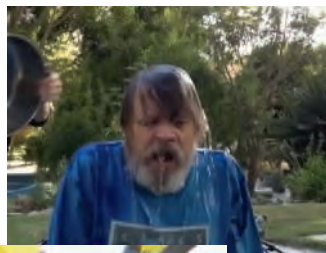
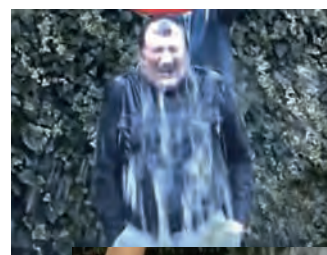
has ALS, on 27 July 2013. It felt like a fun way to raise money and perhaps some awareness at the same time.

"It didn't go boom until players from the pro sports teams around Boston picked it up. Gregory Campbell of the Boston Bruins was the first. He threw it to the rest of the Bruins and they began tagging their friends that play on other professional hockey teams. Then Julian Edelman of the Patriots did it and started throwing it out to football players. It exploded.

"It was incredible watching the ice bucket challenge go around the world. Seeing the likes of Bill Clinton, Bill Gates, Will Smith and Tom Hanks doing it made me so proud.

"I'm not convinced everyone who does it actually uses ice water. But it doesn't matter. What matters is that the ice bucket challenge has put ALS on the map."

*This interview was conducted with the help of Pete's mother, Nancy. To donate to ALS, visit [alsa.org](http://alsa.org)*



## THE SECRET FORMULA FOR CREATING NEXT YEAR'S VIRAL CRAZE

*Want to make a big splash online in the two-oh-one-five? A charitable video craze = the way forward!*

### Nothing gross, please

You want your charitable cause to be something that everyone is happy to publically agree is terrible. Avoid anything icky that'll put off image-conscious celebs and fit girls in bikinis. So no Explosive Pus-Scab Syndrome or Urine-Discharging Nipple Disorder then. Those are total non-starters.

### Appease human vanity

Ask yourself, "Will a Dallas Cowboys cheerleader do this?" Because, while people don't mind looking *mildly* silly, they still want to look hot. That's why the ice bucket challenge worked so well: a sexy girl in a bikini is still sexy after she's tipped ice water over herself. But if she mashes a chicken kiev into her scalp? Not so much.





## 2014 WAS A HELL OF A YEAR FOR TV

Over the last 12 months, telly gave us brooding cops, exploding heads and insensitive presenters...



Alexandra Daddario wasn't in *True Detective* enough



*Game of Thrones*' producers really tested the limit



Jeremy Clarkson will never, ever learn

## 08 YOU CAN MAKE A LIVING OUT OF BEING A DOUCHEBAG



INSTAGRAM BUTTHEAD

### Draft the right celebs

Convince a universally beloved figure – Tom Hanks, Tina Fey, Tom Hiddleston – to make a video, and half the planet will have followed suit by teatime. Allow more 'divisive' figures – Gwyneth Paltrow, Justin Bieber, Joey Barton – to latch on, however, and the it'll fizzle out quicker than your Facebook page did after your mum friended you.

### Prepare a critic-proof comeback

H8erz gon h8. The critics will say: "It's just vain idiots chasing validation under the flimsy pretence that they're being charitable." You respond: "So *what?* Awareness of the issues surrounding sacks of puppies being thrown into a canal has rocketed 505% in the last week – and that's all down to #SillyFunGiggleChallenge!" Check and *mate*.

Number 09

## NOT ALL MEMES ARE CREATED EQUAL

ffs!

lolz!

asl?!

afk!

OMG! It's Ryan Broderick from viral content experts BuzzFeed on what it takes to get a funny video of your gran all over Facebook.

"NekNominate and the Ice Bucket Challenge are basically the exact same thing. Both were born from Facebook's newsfeed tweak to emphasise their native video player.

"NekNominations happened on YouTube, but Facebook made them spread like wildfire. The Ice Bucket Challenge took the game of internet tag at the core of NekNominations and made it even more universal. Tipping ice water on yourself is something anyone can do; it isn't age-restrictive like a drinking game is, plus it had a charitable aspect to it that created a need to share it.

"The saying is 'You can't force a meme' and even in a world of viral marketing, I still think that's true. Trying to force a meme is like butting into someone's conversation and demanding they change the topic.

"It's getting harder to tell if something is genuine or orchestrated by marketers. If you're a multi-million dollar company and you want to get in on the meme-making game it can be done, provided you have the budget and a team of social engineers.

"Trying to orchestrate some big internet craze to promote your charity could cheapen it in a way. I think if you're a charity and you're saying to yourself right now, 'We need an Ice Bucket Challenge,' you're going about it in exactly the wrong way and it probably won't work."





Number 10

THE MUST-HAVE KIDS' TOY WAS BASICALLY A RUBBER BAND

Number 12

# EVERYONE PULLED EVERYTHING

Pork, chicken, lamb; if it's meaty and delicious, we want it slow-cooked and shredded. Them's the rules now. Cutting with knives is for suckers.



Number 13

2014 MIGHT BE THE NEW 1914

*World War One began 100 years ago, decimating huge swathes of Europe, Africa and the Middle East, killing millions. A century later, are we on the verge of a new deadly, global conflict? The parallels between then and now are alarming...*

1914

A democratic superpower (Britain), has its dominance of the world and its economy challenged by an up-and-coming, repressive superpower (Germany) that's fed up of being bossed around.

2014

A democratic superpower (America), has its dominance of the world and its economy challenged by two repressive superpowers (Russia and China) that are fed up with being bossed around.

1914

"Foxtrot" dance takes club scene by storm.

2014

"Twerking" dance takes club scene by storm.

1914

Fiercely nationalistic German leader Kaiser Wilhelm declares rightful ownership of large parts of Africa and the Middle East.

2014

Fiercely nationalistic Russia leader Vladimir Putin declares rightful ownership of the Crimea peninsula and parts of the Ukraine.

1914

The Balkan area of southeastern Europe becomes a point of a conflict between the region's Christian countries and their

Islamic neighbours, who are part of the Ottoman Empire and backed by Germany.

2014

A brutal civil war rages across Syria, while sectarian violence causes chaos across parts of the Middle East. China and Russia back whichever sides America *aren't* backing.

1914

Terror organisations such as The Black Hand thrive in the chaos in Europe.

2014

Shiite Muslim terror organisations like the Islamic State thrive in the chaos engulfing the Middle East.

Nº 14

THIS GUY IS STILL FINDING NEW AND SURPRISING WAYS TO PEACOCK



11

EUROPEAN MILKMAIDS ARE EROTIC

Poland's Eurovision entry was strangely memorable this year





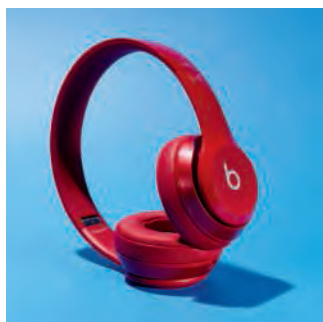
# SPOTIFY HAS TOTALLY EFFED UP THE CHARTS

2014 was the year that a song's popularity on streaming sites like Spotify officially counted towards a track's position in the UK Top 40. Dan Smith, vocalist for the UK's most-streamed band Bastille, tells us how it changed everything.

"Spotify is something that has grown and developed around the same time as our band. Compared to when people used to actually buy music, it does make it harder to get a sense of how many people have actually heard your album, or own it in some form.

"It was interesting to see that one of our songs, *Pompeii*, had been so heavily streamed. The music industry in the CD age was like a different industry entirely. There was so much money in it, CDs were so expensive, but it's not an age we've ever really known. I've got no idea how a band that isn't U2 can make money in the Spotify era.

"People say now that the only way for musicians to earn money is through touring. But it's not instantly profitable. It takes a long time to start making money from gigging. For bigger bands, there's probably money in brand association and merchandising. I guess we'll have to wait and see how it pans out."



## ...BUT SOME ARE STILL CASHING IN

Dr Dre and his pals sold their Beats company to Apple for **\$3.2 billion**. Straight outta Compton and into the bank. *Beats studio headphones*, £269.95, [uk.beatsbydre.com](http://uk.beatsbydre.com)

Number 16

# A MISSING PLANE SOMETIMES STAYS MISSING

**MH370 disappeared from the sky on 8 March 2014 with 239 people on board. A massive search began. We spoke to chief commissioner Martin Dolan of the Australian Transport Safety Bureau, the man spearheading the search.**

## Why is MH370 so difficult to find?

The complexities surrounding the search cannot be understated. We're talking about sea depths between 4km and 5km. There are ridges, crevasses, mountains, extinct volcanoes and all kinds of other complex geographical formations down there. It's made more difficult by the weather in the area that can get bad – storms and swells of up to three times as high as the vessels.

## What's involved in trying to find a plane in the middle of an ocean?

We had to map the sea floor in that area because the information available about that part of the Indian Ocean didn't exist. Nobody's ever looked for anything down there before.

## What do we know about what happened to MH370?

What little we do know is that MH370 stopped transmitting radar signals, letting ground crews know what it was doing, about an hour and a half into the flight. We have no idea why. We know it was on autopilot when that happened. After that we have only seven instances of attempts from a ground station to connect with the aircraft through a satellite link – called a 'handshake'. No connection was actually made from that but we do know how far away the aircraft was from the satellite, providing us with a rough arc in the Indian Ocean around which to focus the search.

That's an area of about 60,000km<sup>2</sup>.

That's where the aircraft ran out of fuel.

## What do you think happened to it?

I'd like to tell you, but there's an international agreement that says the Malaysian government can only talk about it.

## How do you feel knowing there are grieving families depending on you to find their loved ones?

It places a huge pressure on our shoulders to do everything possible to find it for them. I want to end their uncertainty. They deserve to know what happened to their loved ones.

## What do you think about the different conspiracy theories out there?

Some say it was aliens; others say it was accidentally shot down by the US government. The wackiest I heard was that MH17, the plane shot down over Ukraine, was the same plane with a different badge.

## How much has the search operation cost so far?

The entire operation I estimate to cost around AUS \$150 million (£83 million).

## What happens when you find it?

The first job will be to recover the parts of the aircraft that will assist in the investigation, such as flight data recorders. Then there's the question, which is more for police and coroners, as to how to handle the human remains.

## Are you going to find it?

I am confident that we will, yes.

»



# OSCAR PISTORIUS BECAME THE MOST FAMOUS MAN IN THE WORLD

(FOR ALL THE WRONG REASONS)

*It was the murder trial that bought the world to a standstill. The Guardian newspaper's man in South Africa Andrew Davies tells us what it was like at the heart of the media circus.*

“I’m sitting on the long wooden benches at the high court in Pretoria, South Africa, watching a video of Oscar Pistorius shooting a watermelon. ‘Did you see what happened to the watermelon?’ rasps state prosecutor Gerrie Nel. ‘It exploded! That’s what happened to Reeva’s head. Take responsibility, Mr Pistorius.’

“The courtroom, a wood-lined box that has come to feel like a theatre, crackles in anticipation. Nel, known as ‘the pitbull’, does not disappoint. ‘Look at the picture... look at it. Here, have a look. You did it.’

“All of us – the red-robed judge and her assessors, the prosecution and defence teams, the court artists, the Pistorius and Steenkamp families, the 30 or so journalists and the public – gape at the TV screens showing the bloodied head of Reeva Steenkamp, the 29-year-old law graduate and model shot dead by Pistorius on Valentine’s day last year.

“But one man cannot bear to look. Pistorius recoils in horror as if the picture would blind him. ‘I won’t look at the picture and be tormented,’ says the double amputee athlete dubbed the Blade Runner, his voice cracking. ‘I was there. I don’t have to look at a picture. I was there.’

“The court is adjourned for 10 minutes as Pistorius sobs uncontrollably on the witness stand. His deep moans fill the packed courtroom like those of a dying animal. A journalist from America’s *Fox News* provides excitable commentary as if for *Match of the Day*, drawing disapproving glances from the Pistorius clan. The rest of us, the media, are not quite sure what to do. So we Tweet.

“After all, we have become used to these naked displays of emotion during the ‘trial of the century’ over more than 40 days. We have seen Pistorius, 27, weep and wail and even vomit into a green plastic bucket as he is force fed graphic details of how his expanding, hollow-tipped bullets ripped through Steenkamp’s flesh. (Someone eventually grabs

the bucket and jokes about trying to sell it on eBay.) We have pored over the couple’s WhatsApp messages, including terms of endearment such as ‘angel’, ‘baba’ and ‘boo’, and prayed that our own emails and text messages never come out in court some day. We have heard about the accused’s superhuman rise, from having his legs amputated at the age of 11 months to becoming a star of the London 2012 Olympics and Paralympics. And throughout most of the trial, we have looked upon Pistorius’s bullet-pierced toilet door standing beside the dock; one local journalist likened its hypnotic power to the black monolith in *2001: A Space Odyssey*.

“Fanatics would sometimes turn up outside court, wild-eyed and wild-haired, waving placards and yearning to shake Pistorius’s hand. South Africans were mesmerised by the fall of arguably their greatest sporting hero. The trial dominated radio phone-ins and social media and even knocked the general election campaign off the front pages. It gripped and provoked and fascinated like the sensational murder trials of Victorian England.

“This desire for public justice, every tear and vomit Tweeted, every utterance followed by a 24-hour TV channel, has a whiff of the stocks or gallows about it. Pistorius, in crisp suit and tie, might as well be naked. ‘He is a broken man who has lost everything,’ says his psychologist.

“In the end, judge Thokozile Masipa accepts Pistorius’s defence that he mistook Steenkamp for a burglar and convicts him of the equivalent of manslaughter. That is the legal truth, but what is the psychological truth of the moment that he pulled the trigger? The more he tries to explain what was in his mind, the more he contradicts and ties himself in knots. And so the question still lingers. Oscar, why did you do it?”





**Number 18**

ED MILIBAND  
LOOKS WEIRD  
DOING JUST  
ABOUT ANYTHING

**NOS 19-23**

## ALL THINGS MUST PASS

*What finished in 2014, and how sad should you be?*

**What ended?** The iPod

**When?** October

**How long did it last:**

13 years

**Correct reaction:**

Nostalgic sob

**What we learned:** Apple stuff was cooler 10 years ago, man

**What ended?** Boy band,

The Wanted

**When?** January

**How long did it last:**

Five years

**Correct reaction:** Absolute indifference

**What we learned:** You can't manufacture fans

**What ended?** Jeremy

Paxman's *Newsnight* career

**When?** April

**How long did it last:**

25 years

**Correct reaction:** A

sardonic raised eyebrow

**What we learned:** Not

even £800,000 can keep a man in a job he hates

**What ended?** Sci-fi

TV show, *Utopia*

**When?** January

**How long did it last:**

Two brilliant seasons

**Correct reaction:**

Pissed-off fist shake at fat-cat TV execs

**What we learned:** A brilliant story doesn't make a hit

**What ended?** The Inter

Milan career of one-club

legend Javier Zanetti

**When?** May

**How long did it last:**

19 years

**Correct reaction:** Hot

tears of manly anguish

**What we learned:** It's possible for a man to not change his haircut in 20 years



*Number*

24



# FROZEN IS THE BEST FILM EVER MADE

(IF YOU'RE AN EIGHT-YEAR-OLD GIRL)



*Number 25*

## CELEBRITIES ARE GETTING BETTER AT DEALING WITH NUDE PICS

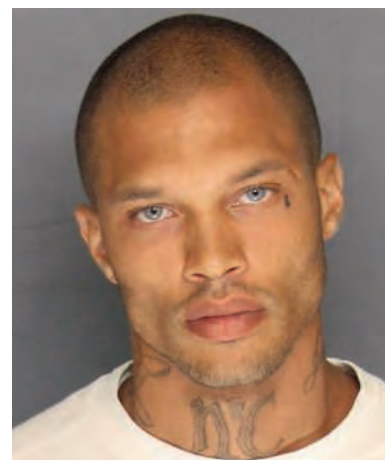
In August nude-celeb aficionados hit upon the motherload – an enormous collection of personal photos of nearly 200 celebrities. Dubbed “the Fappening” (named after the internet slang “to fap”, meaning “to masturbate”), the leak was the result of hackers being able to access files stored on Apple's iCloud service. But is looking at or downloading the images actually safe? We asked the UK's leading criminal barrister, Michael Wolkind QC about the risks: “I would equate it to handling stolen property. If it's an unauthorised photograph, you have no right to have it. You have stolen somebody's private property. Someone's hacked into a site or private account, they've distributed it, and you the user – or abuser – is equivalent to the handler. At the moment, with revenge porn, you can face two years in prison. The more people who see it, the more distress there is to the person in the picture. It would be similar to the difference between passing cannabis on to your friends, or distributing it wholesale, and that will determine the penalty. Should people be scared of this? Yes. They're pressing the enter button in this fantasy world, but the delete button on their decency. Yes, they absolutely should be scared.”

WHAT WE  
LEARNED FROM  
THE FAPPENING

In our minds all A-list celebrities live in marble and glass palaces so tasteful they would make Kevin McCloud erupt in spontaneous applause. It turns out a lot of them have underwhelming living rooms.

There's no two ways about it: Kate Upton's baseball star boyfriend has an absolutely enormous arse.

Sometimes the best response to a difficult situation is a charming combination of emoticons (nice one Kirsten Dunst).



**Nº 26**

## LADIES LOVE A FELON





27

Number

# HUMANS CAN SURVIVE ANYTHING (IF YOU FOLLOW THE BEAR GRYLLS WAY)

In February Salvadoran fisherman José Salvador Alvarenga washed up on the shores of the Marshall Islands after spending an astonishing 13 months adrift at sea in a small boat. Survival expert Bear Grylls explains how to not die in the same situation...

## First of all: what if you have a fish allergy?

If you've got a power cord and a safety pin you can put little bits of fish bait on there and catch birds. Lay out the cord with a safety pin open at the end and they'll swoop and take it. Let the bird swallow it for a few seconds and then give it a good yank and drag them in.

## José says he drank turtle blood to stay alive. Is that as disgusting as it sounds?

I've drunk blood many times. It's the ultimate survival food. It's full of all the right proteins, minerals and vitamins. You don't need to dilute it. I actually know one

person that lived off turtle blood on a raft. But it got really dirty so they couldn't drink it. They had to give it to themselves as an enema.

## What else is useful to have knocking about?

Mirrors are good for signalling to people. And the more different things you can store water in, the better your chance of survival.

## How to stop yourself from going bonkers?

You need to break the day down into goals. On a raft, every day should be packed, where you're not getting a chance to let your mind slip into despair because that's when you'll lose motivation.

## What should be your priority?

Wherever you are, whether you're stranded up a mountain or alone on the ocean, your priorities always come in this order: protection from the elements, rescue, water, then food.

## Most importantly, what if a great white shark attacks us while we're on the toilet?

Your only tool in a fight with a great white shark is confidence. If you swim towards it really aggressively as though you were going to take it on, they are less likely to attack. They don't want to fight. But that's a last resort technique!

RENT-A-GOB PROBABLY HATES YOU



PROFESSIONAL TROLL IS APPARENTLY A JOB NOW

Nos 29–33

## POPSTARS CAN DO ROCKSTAR EXCESS TOO



DEBAUCHED

## JUSTIN BIEBER

**Rockstar behaviour:** Threw eggs at neighbour's house; nibbled a stripper's breasts; was arrested for assaulting a limo driver; got punched by Orlando Bloom; offended all of China by visiting a Japanese shrine famous for housing the remains of war criminals.



## ONE DIRECTION

**Rockstar behaviour:** Smoked weed on camera; got many tattoos; experienced a naked photo controversy; fought with each other regarding "musical direction"; Harry Styles physically transformed himself into the Rolling Stones' Keith Richards.



Number 34

# UKIP COULD SPOIL THE (LABOUR AND CONSERVATIVE) PARTY

*This year UKIP went from being a fringe political party to a genuine threat to the country's establishment. A large part of this was due to the pint-quaffing, fag-puffing everyman appeal of party leader Nigel Farage. Is it as easy as it seems? Comedian Jon Richardson tells FHM how he would win everyone's vote...*

## CLOTHES

"I own a cardigan that looks like it also has a waistcoat underneath. It means I won't overheat. If I sweat on the podium, no one is going to vote for me. It also means I can say 'I'd love to have time to put on more than one garment, but frankly this country's in a mess.' For this reason, I will also not wear trousers."

## HAIR

"I'd dye my hair grey. Everyone loves Philip Schofield. I'd go silver fox with a black streak, like a sexy badger."

## BEER

"Always have an empty bottle of local beer to hand. So I can pretend I'd just finished it when the photographers turn up. 'Ooh, that was

delicious, that beer. I do love alcohol!"

## DARTS

"I'd be pictured playing darts. And I'd be throwing the darts at something everyone hates. A picture of a high street bank."

## POLITICS

"In debates I think I'd tell people to 'take a chill pill'. It'd reassure voters."

## ARMS

"Enormous arms. I already

have these. They call me the Rafael Nadal of comedy. But I would get even bigger arms."

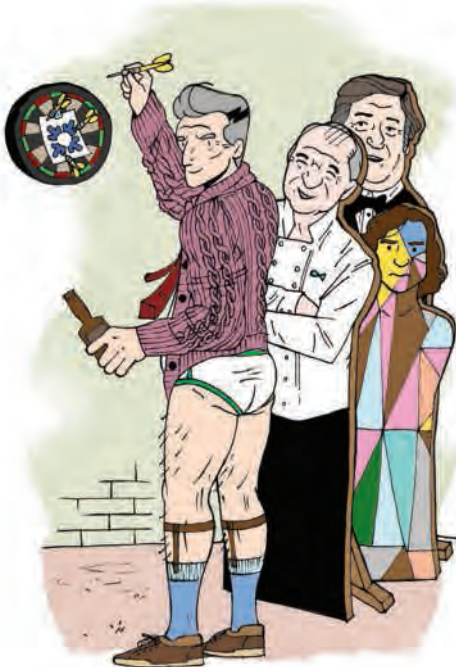
## SOCIAL CIRCLE

"I'd have celebrity friends that everyone likes. Obviously Rick Stein. He would make me curries which shows I'm open to multiculturalism. And everyone likes Stephen Fry. And we need a musician. What about the guy who sang that song? Gotye. Everyone enjoyed that song."

## SPEECH STYLE

"Whispering. It draws people in closer and it makes it seem like what you're saying is a secret, and people like gossip. It's the whole 'infinite monkeys' thing. If I mumble incoherently enough, I might end up solving the Syrian crisis."

*Jon Richardson: Nidiot Live is available on Blu-ray and DVD from 1 December*



Number 35

## WRESTLING'S STILL A BG DEAL (FOR SOME PEOPLE)

*This year WWE wrestler The Undertaker's 20-year WrestleMania win streak came to an end. The UK's own hardcore superstar Jimmy Havoc – who was there – explains why that matters to him.*

"I started watching wrestling when I was about six. I remember thinking the Undertaker's zombie funeral director character was quite scary but also cool."

"In the late '90s, wrestling tried to be more realistic. And that's another thing that made the Undertaker unique. He kept his stupid character! The zombie. It set him apart."

"The first time I ever saw him was at a Smackdown filming in London. The only reason I got tickets was because he was going to be there. When he first comes out, the chime of that bell, the lightning, it's just incredible. He was undefeated at *WrestleMania* for 20 years. Every wrestler wants to leave a legacy like that."

"As a wrestling fan you're conditioned to believe that there is an end to every story. Winning streaks end eventually. Towards the end of his career he only had this one match at *WrestleMania* every year, and

every year you thought maybe he was going to let somebody beat him and give them that big moment and make them look incredible."

"How would I explain it to a non-wrestling fan? You watch the James Bond films, right? And they've been going for 40 or 50 years? James Bond is never going to die. Well, imagine one year you were told that he might actually die in the next film. When you're watching it, you'd be thinking, 'is it this one he's going to die in?' And that's how it was."

"I was at *WrestleMania* this year. And when Brock Lesnar beat him, there was deathly silence in the arena. Because everyone was like, 'Fuck off, he hasn't lost. Something's gone wrong'. Some people left the arena in disgust."

"I still can't believe there are men my age who take it so seriously they would leave. That's coming from me, who took part in a barbed-wire death match last night."



## DEMI LOVATO

### Rockstar behaviour:

Admitted in her book that she had an addiction to alcohol, painkillers and at one stage needed cocaine "every half hour".

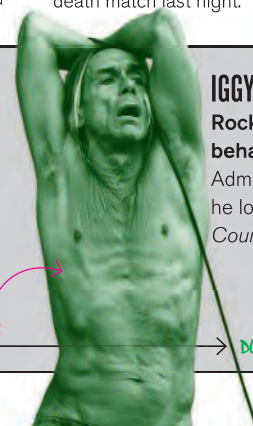


## 5 SECONDS OF SUMMER

### Rockstar behaviour:

Sent penis photos to a fan. Um... a couple of them wore Sex Pistols and Misfits t-shirts.

ACTUAL ROCKSTAR



## IGGY POP

### Rockstar behaviour:

Admitted he loved *Countryfile*.

DOMESTICATED



# WE SAW THE BEST WORLD CUP EVER



...but don't take our word for it. Pundit extraordinaire Robbie Savage tells us what made Brazil 2014 so bloody special.

**“**I've commented on many football tournaments over my years as a pundit, but this year's World Cup was by far the best. The goals were incredible, the drama, the upsets (Germany's 7-1 victory over Brazil springs to mind), the fans, a truly electric atmosphere ... it had it all.

“I remember the first time I stepped off the plane to be greeted, first by a blast of sweltering heat, then by two girls in Lycra offering everybody free Budweisers. That was when I knew it was going to be a good tournament. That happened at every airport we got to, which was a lot given that I took 22 flights covering 27,000 miles in those four weeks. Exhausting.

“The Brazilians were like no fans I've ever seen. Heading to the first Brazil game I commented on in Brasilia, we drove through this little village to see whole families with their sofas, chairs and TVs out in the road, all in Brazilian shirts, everyone crowded round. I was in South Africa and the vuvuzelas were deafening. But in Brazil it was different. Everywhere you went a band was playing. I watched the opening game of the tournament between Brazil and Croatia with Mexico fans in Natal. Every single person there seemed to have a sombrero on and you couldn't hear a thing over the cacophony of trumpets, saxophones and drums.

“After the Mexico match, there were a lot of South Americans doing the samba in a bar near the ground. They were decent, but I was still showing

one or two of them how to do it after my time on *Strictly Come Dancing*. On a personal level, the best part of the World Cup was being in the studio with all those legends of football. We're all a bit too old for clubbing but it was amazing to be able to go out every night for a meal and a few glasses of wine with them – Hansen, Lineker, Shearer. The stories those guys have, I can tell you, would blow your socks off. It was a dream come true, surreal even sitting there and having Gary Lineker going, 'Can I top your wine up?'

“The banter too was brilliant. I remember when Phil Neville got a load of stick from the press for being boring on camera. The next morning he walked into the studio and I said, 'If it goes that badly next time you can always audition for the talking clock!' Luckily Phil saw the funny side and did the best impression of the talking clock I've ever heard. It was uncanny.

“Social media can be a hilarious place at times, but it can also be ruthless! The night of the France-Honduras match, when I was on a panel of pundits with Thierry Henry and Clarence Seedorf. There were a lot of pictures doing the rounds on Twitter listing how many trophies they had won – which is more than a few – and my one Worthington Cup. It tickled me, sure, but remember this, Clarence: you never won the Worthington Cup!”

*Robbie Savage is part of the BBC's FA Cup line-up*



**SOUTH  
AMERICAN  
TEAMS GO  
HARD**



**BRAZILIAN  
TRAINING  
PITCHES ARE  
LOVELY**



**OLD  
HABITS DIE  
HARD**



**AN AGEING  
SUPPORTER  
CAPTURED  
OUR HEARTS**



**END OF  
YEAR  
BLOWOUT**



*Number 41*

## SOME FANS WILL GO TO THE ENDS OF THE EARTH...

*In February football super-fan Chris Hallett quit his job, jumped on his Vespa scooter and embarked on a 15,000 mile journey across 18 countries, an epic quest that finally terminated in Rio de Janeiro for the World Cup.*

**I** was sick of toiling nine to five in an office. I liked my job in IT, but I knew there was more to life than that. I remember being in the pub, watching the World Cup opening ceremony in South Africa. I was saying how much I'd love to be there and my mate joked, 'Well, you can always just drive your scooter to Johannesburg!' I laughed, but later I thought, 'Why not?' I immediately started saving up money for the next World Cup.

"When I started I felt a bit daft to be honest. I had this ridiculous sidecar with a football and World Cup trophy in it. I took it to local stadiums ranging from Bernabéu in Barcelona to Istra KV in Croatia. I challenged locals to penalties and filmed people celebrate with the trophy. The best £25 I spent in my life was buying that fake World Cup trophy. The smiles it put on people's faces were phenomenal. It saved my skin in Argentina when I got stopped

by traffic police. Normally they expect to be bribed. But when I whipped out the World Cup they all wanted pictures with it and forgot about the bribe.

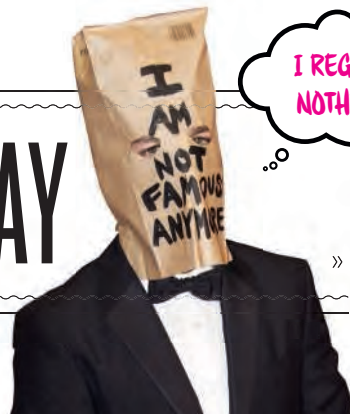
"Getting dumped by text by my girlfriend was a low. I was in Colombia at the time. To be honest, I've been dumped in worse places.

"Arsene Wenger is so much taller than you think until you meet him. Oddly, he was more interested in asking technical questions about my bike than he was about football.

"Everyone should follow their dream. You just need to work out what your passion is and do it. I wanted to keep riding motorbikes with sidecars for a living so I've set up a company called Side Car City, offering tours around London's tourist sights. The trip was the best thing I ever did. Looking back, it's hard to believe it happened."

*Number 42*

## SHIA LABEOUF MIGHT NOT BE OKAY



**I REGRET  
NOTHING**



WE LEARNED  
SOME NEW  
WORDS

You can make  
breaking-up  
sound like a  
yoga technique

**"CONSCIOUS  
UNCOUPLING"**

A footballer's  
Tweet is all you  
need to send  
youth slang  
mainstream

**"SKET"**

Justin Bieber  
gets confused  
too...

**"I WAS  
DETRIMENTAL  
TO MY OWN  
CAREER."**

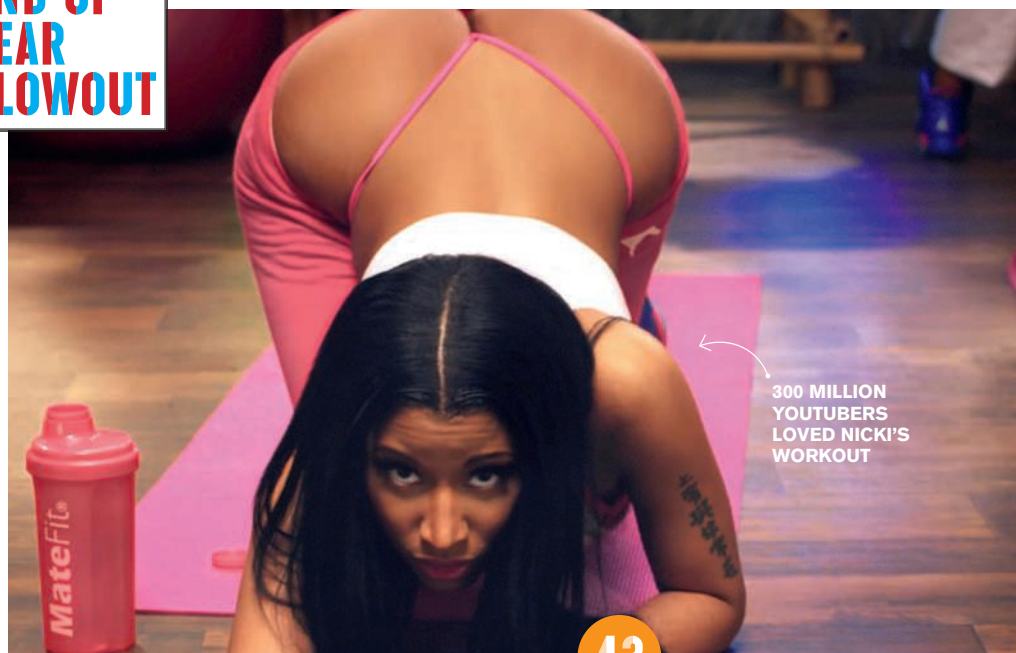
The Collins  
English  
Dictionary's  
word of the  
year was so  
last year

**"PHOTOBOMB"**

Some people  
will believe  
anything

**"BEEZING"**

(This is  
the act of  
rubbing Burt's  
Bee Wax onto  
your eyelids  
to get high. It  
doesn't work.)



300 MILLION  
YOUTUBERS  
LOVED NICKI'S  
WORKOUT

43

Number

## EVEN PORNOGRAPHERS THINK MUSIC VIDEOS ARE GETTING A BIT MUCH

2014 saw Nicki Minaj, Iggy Azalea, J.Lo and the ever-unclothed Rihanna release videos so flesh-filled and sexy you'd be forgiven for thinking you'd seen them on the world's most-popular adult video website Pornhub. So we asked their head of publicity Mike Williams how he feels about it.

### Is this the year music videos went full porno?

I'd say yes. Music has been approaching "full porno" for a long time now, and each year it seems artists are looking to get more outrageous. They are definitely pushing the envelope.

### You guys think it's a good thing?

Well, America is generally very conservative compared to Europe in regards to nudity. I think it's helping to liberate the thought in people's minds a bit. This justification, of course, leans a little toward the idealistic, and I wouldn't say greater sexualisation or explicit imagery helps the music, but hey – sex sells, right?

### What would Nicki Minaj's *Anaconda* video be titled if it was on Pornhub?

We were kicking around this thought in the office. One that stood out was 'Get Out Your Dickey For Nicki'. Seriously though, it would probably be like 'Nicki Minaj shakes her bubble butt'.

### Is it annoying when pop stars start making explicit videos? Are they impeding on your territory?

I wouldn't say so. If anything, it probably helps to drive traffic to our site. What red-blooded man or

woman wouldn't get revved up watching Nicki Minaj half naked or Iggy Azalea and J.Lo rubbing up on each other?

### Does it irritate you that pop stars can get away with this sort of thing, meanwhile you guys at Pornhub are hidden away from view?

Not at all. We're not completely delusional; the word porn is in our name, so it's only natural that there is somewhat of an uphill battle in terms of social acceptance.

### Do you think porn is "more honest" than sexy music videos?

I'd say porn is "more honest" in the sense that what you see is what you get. There's no need for allusion or innuendos.

### You guys launched Pornhub Records this year. Which industry has more assholes in it: music or porn?

I'm inclined to say that both industry's have their assholes and both industries have folks that are honest, stand-up people. You encounter that anywhere you go, really.

Nºs 44-46

### URNS OUT THESE GUYS CAN REALLY FUCKING ACT



**Matthew McConaughey**  
From gormless romcom mannequin to *Dallas* Buyers Club Academy Award winner.



**Robert Pattinson**  
From chisel-cheeked tween idol in *Twilight* to gritty, gun-wielding simpleton in *The Rover*.



**Jack O'Connell**  
From dramatic lightweight in *Skins* to screen-stealing heavyweight in *Starred Up*.



# ROY KEANE FOUND A WAY TO LOOK SCARIER

"I had to call my gay friend and ask him what to do with the foreskin"

Ashley Roberts  
Issue 299



"I'd put my hands over its huge nostrils so it couldn't breathe, and sing it to sleep with the music from *Fantasia*."

Jorgie Porter  
Issue 291



Numbers  
53-56

## The year in sexy

Context-free quotes  
from our cover stars

"Minus 14?"  
Helen Flanagan  
Issue 297



"I wish I'd not worn so many crop tops."

Rachel Stevens  
Issue 295



Numbers 57

## A RUINED BAKED ALASKA CAN INCITE RIOTS



This summer's Great British Bake Off was remarkable for two things: the weird cake-based sex innuendos made continuously by Mel and Sue, and an incident in which a "ruined" Baked Alaska was chucked in the bin. Had contestant Iain Watters, the dessert's creator, been stitched up by another contestant? We don't know, but it resulted in effigies of Paul Hollywood being burned in the street and angry Tweets. Steady on, people of Britain.

That is the most emotion I've felt watching TV in ages. The PURE HATE you would feel for the person who sabotaged your Baked Alaska #gbbo

YOU CAN SHOVE YOUR MERINGUE SWAN UP YOUR ARSE, DIANA. #GBBO

Diana should have publicly apologised and not just stood there polishing her bloody WI badge and whistling #gbbo

#justiceforiain trending worldwide seriously signifies just how important a small-scale british baking show is to the core of the universe

I'd have thrown her fuckin swan on the floor if I was iain #GBBO



# KEELEY HAZELL IS LIVING THE LA DREAM

It's been a smashing 2014 for our favourite British export. Movie roles, her own TV show – what's next for the one and only Ms Hazell?

**Words** Dan Jude  
**Photography** Chris Fortuna









# W

e're not sure if you've heard, but Keeley Hazell is doing pretty damn well. Not content with being *FHM*'s all-time

most popular cover star (this is her 9th cover and counting), she's now officially owning Los Angeles, her home of the past five years.

This year saw Keeley bag a stupendously sexy role in *Horrible Bosses 2*, and she's also upped her modelling game, starred in numerous TV ads, written a series of articles for *The Huffington Post* and co-written a web series. On top of all that, she was voted the ninth sexiest woman in the world of all time by our lovely readers and even found time to finally join Twitter (@keeleyscorner, in case you're interested).

**FHM:** It's safe to say that you've been busy?

**Keeley:** You could say that! I'm actually taking some time out now, I'm going travelling for a while. I have a fantastic life, but the last 10 years have been focusing on building my career and I wanted to take some self-exploration time, so I'm going to Bali, Australia and Fiji.

**What will you be doing there?**

I mainly plan on writing. Eating, drinking, documenting my trip. Instagramming. A lot of Instagramming. Australia is going to do great things for my Instagram feed.

**Does this mean a lot of bikini selfies?**

Well, I *am* backpacking. I don't know if you've seen the size of a backpack but they're small. I basically have room for my laptop and bikinis. My laptop is the most important thing, then my Kindle, then my camera, so I'll probably only have room for very small string bikinis.

**Do you prefer bikinis or one-pieces?**

Both, to be honest. I own some one-pieces and they can be pretty sexy.

**Ever been to a nudist beach?**

I have, actually. Unintentionally, in Spain, when I was 19. I sort of stumbled onto it and was like, "Erm, everyone's naked..."

**When do you feel at your most sexy?**

When I feel confident. And when I'm driving a sports car. For some reason, when I drive a sports car everything becomes sexy.

**So, another year has passed. What were your highlights of 2014?**

Ah, there were so many, it's been a big year. Let's see... being voted in the top 10 of *FHM*'s 100 Sexiest of all time! How that happened I'm not quite sure. Non-work wise, there's seeing Paul McCartney in concert. It was a year of a lot of firsts – I went to my first ice hockey game, I went to Miami and Toronto



for the first time, I had my first male stripper lap dance...

**Your first ever?**

Ha! You're surprised that it was my first... me too! It was a friend of a friend's hen do that I invited myself to. She ordered a male stripper from the internet, as you do. The guy that showed up wasn't the guy she ordered, but as a consolation two strippers showed up for the price of one. One was a pizza man and the other a cop. It was like a scene from *Magic Mike*. It was honestly one of the funniest things I've ever seen.

**Have you ever given a lap dance?**

Ha, yes. I tried to give one to my boyfriend, who laughed in my face. I don't know if it was my dancing, the singing along to the song or the klutzy unsexy undressing? Either way he was in fits of laughter.

**What was the song?**

Beyoncé, *Drunk in Love*. It wasn't my first lap-dancing song choice but after two teapots of sake I just turned into a stripper. I can understand why my boyfriend was laughing now. We're having a conversation, then all of a sudden Beyoncé plays and I turn, start dancing and undressing.

PHOTOGRAPHER: CHRIS FORTUNA.  
STYLING: LEILA BABI.  
STYLING ASSISTANT:  
CAROLINE YOHANAN.  
MAKE-UP: ALEXIS SWAIN.  
HAIR: SIENREE.

KEELEY WEARS AN AMERICAN APPAREL BODYSUIT (STORE: AMERICANAPPAREL.CO.UK), VICTORIA'S SECRET BRA AND PANTIES (VICTORIASECRET.COM), DIESEL JEANS AND BELT (DIESEL.COM) KIMCHI PLATFORMS, CALVIN KLEIN BRA AND BRIEFS (CALVINKLEIN.COM) AND AMERICAN APPAREL SOCKS (STORE: AMERICANAPPAREL.CO.UK).



**“I’M  
GOING  
TO BE  
WEARING  
A LOT  
OF VERY  
SMALL  
STRING  
BIKINIS”**





**2014 was the year of the leaked nudie photos. What was your take on it, given that you were once in a similar situation?**

It's definitely brought it back a bit. I mean, when it happened to me [a sex tape was leaked online], it was so long ago that the phrase 'revenge porn' wasn't even a term then. But that's what it was. Revenge porn and the leaked photos fall under the same umbrella, both being a huge violation of privacy. I really sympathise with the women who've had their private pictures stolen; for me, the tape was one of the worst things I've ever been through and I hate that other women have to go through that. I'm very passionate in fighting for women's rights and putting an end to revenge porn. It's also about making people understand the difference between a woman choosing to pose topless or in her underwear, and a woman being violated and denied that choice.

**On a more positive note, you featured in the movie *Horrible Bosses 2*. How was that?**

It was such a great experience. My part is minimal, it's not my 'breakthrough' role, but it was a wonderful opportunity and all part of the bigger picture.

**What is the bigger picture?**

Well, I want to be a stand-up comedian next. My show is going to be called 'model'. I'm going to open the show completely naked and just stand on stage for an hour not saying anything.

**Where can we buy tickets?**

At keeleysnakedcomedy.com – I'm actually into the idea of doing stand-up comedy, as a joke. You know how people do karaoke for fun? Well it would sort of be like that.

**We've seen you pop up on telly in a lot of ads this year... is it weird seeing yourself?**

No way! I love seeing myself on TV. Every time one of my adverts play, I see dollar signs, ha. Don't print that... I don't think my sense of humour translates in interviews so people will read this and be like "Err, is she for real?"

**Tell us a about the show you're writing.** I've been writing a few things; there's this web series that I wrote a while ago that's still being developed. I recently started working on a new project about dating and I'm continuing to write for *The Huffington Post*.

**True that. Finally, tell *FHM* about your worst ever date.**

There are too many to mention. But I once went on a date with a guy who brought his mum along. Honestly. It didn't end well. **FHM**

**"I DID A  
LAPDANCE  
TO A  
BEYONCÉ  
SONG  
THIS  
YEAR.  
IT WAS  
PRETTY  
SEXY"**











# KEELEY HAZELL TRUE OR FALSE



Keeley auditioned twice for the starring role of Anastasia in the upcoming *Fifty Shades Of Grey* movie.

**TRUE** Sadly – very sadly – she didn't get the part. She can currently be seen, however, in *Horrible Bosses 2*, a movie that, while very funny, is distinctly lacking in sex-dungeons.

Keeley is a Taurus, which means she's highly vulnerable to swan attacks and is horribly sarcastic to children.

**FALSE** Nope, she's a Virgo. And that's not what people who are Taurus are supposed to be like anyway.

In 2008, Keeley released a racy pop single entitled *Voyeur*.

**TRUE** The video for it was very good, but for some reason, there's only a 58-second clip of it on YouTube. There are several thousand hours of videos of kittens eating their dinner, but only 58 seconds of Keeley writhing around in a basque. It's a world gone mad.

Keeley says that her ideal first date would involve being taken on a picnic. In a park. With Mini Babybels and stuff.

**TRUE** "It's thoughtful and intimate," she reckons. Go get the Scotch eggs in!





Keeley is an evil voodoo wizard from 182BC. She travelled to our time using a demonic incantation. Next year, at 6pm on the sixth day of the sixth month, she will return to her own time – destroying our reality in the process.

**FALSE** Hopefully, anyway. That'd be truly awful if it were to happen.

Keeley has been hailed by David Cameron as an “environmental hero” for her series of how-to-go-green tips in the Sun.

**TRUE** Our beloved, fiveheaded leader did indeed say that, yes.

Keeley once did a flying karate kick on an abusive member of the public – the resulting photo was on the cover of every national paper the next day, and went on to be used as the artwork for the Ash single, *Kung Fu*.

**FALSE** You're thinking of Eric Cantona.

Keeley's real name is Bob Lee Swagger.

**FALSE** Bob Lee Swagger is the admirably ridiculous name of Mark Wahlberg's character in the 2007 movie, *Shooter*. Keeley Hazell's real name is, in fact, Keeley Hazell.


Keeley despises cupcakes.

**FALSE** “I love cupcakes,” she has stated.

According to *FHM's Sexiest Woman In The World* votes, Keeley is currently the 16th sexiest lady on the planet.

**TRUE** She's slightly fitter than *Countdown's* Rachel Riley, you lot reckon, but not quite as hot as Pixie Lott. Hm. Debatable.



A photograph of a dense forest with tall, thin trees. Sunlight filters through the canopy, creating a bright sunburst effect in the upper center. A red arrow points downwards from the sunburst towards the text.

If you go down to the woods  
today, you're sure to find...  
dead ducks,  
roasted squirrels,  
and a surprisingly  
viable business plan

FHM put on its hunter-gatherer hat and went  
foraging for the kind of food you won't find  
on your local Tesco shelf (well, mostly)...

Words: Joe Barnes Photography: James Byrne







The *Amanita phalloides* looks harmless. In fact, it looks just like lots of the wild, edible mushrooms you can find in the woods and fields of Great Britain, maybe even your back garden. Why not pick it and add it to a soup? It tastes good – *really* good. A few hours later, that's when your stomach starts hurting.

Just griping pains at first, but then comes the severe diarrhea and vomiting. By morning, yes, it's been the worst night of your life, but the pain and sickness have begun to subside. You feel, dare you say it, normal. The worst though, is yet to come.

The death cap – to give the mushroom its common and more apt name – is the movie villain of our forest fungi: just when you think it's done with its sadistic, torturous ways, it comes back for more. After the initial 'recovery period', the pain, diarrhea and vomiting return tenfold, accompanied by delirium, seizures, jaundice, internal bleeding, renal failure, intracranial pressure (that'll be your skull filling with fluid, crushing your brain), and cardiac arrest. When death's icy grip finally does arrive – anything up to 16 days after eating as little as one mushroom – it's a welcome, sweet release.

"With mushrooms, any wild plant, you have to know what you're doing," says Nick Weston: forager, mushroom expert, entrepreneur, and the man thrusting some odd-looking leaves in our face, telling us to "eat this". *FHM* met Nick about 20 minutes ago; we'd read about Britain's 'new face of foraging' and arranged to meet the 33-year-old by a deserted farm in the Sussex countryside. Now he's on all fours in some bushes, plucking out seemingly random plants and encouraging us to swallow them.

"It's essential you're 100% sure... and touch wood I've never made a mistake," he says – worryingly, not actually touching any wood – before, again, persuading us to scoff the leaves.

Maybe we shouldn't be too concerned. The British Isles are packed from seashore to meadow, via stinking bog and idyllic stream, with an abundance of wild, edible treats – plants and animals that just a couple of generations ago, would have had pride of place in our ancestors' lunch boxes. Even our suburbs and cities can harbor alpine strawberries, fennel, rocket and a scrumptious squirrel or two. Spurred on by celebrity chefs like Hugh Fearnley-Whittingstall and the trend for all things organic, many people are bypassing the supermarket and once again, foraging for their dinner; or at least some trendy leaves to plonk on top of it. An increasing number are also ending up in A&E.

There are over 200,000 poisonous plants in the UK, many of which, like the death cap, look remarkably like their edible varieties (nature is a real bastard in that respect). Get it wrong even once, as over 90 Brits have done in 2014, and you could end up on a dialysis machine or worse – a mortuary slab.

The stats though, are no match for good old peer pressure. Like an impressionable teenager behind the bike sheds coerced into a drag on a spliff, we put a few leaves in our mouth and chew nervously, attempting to push all thoughts of intracranial damage to the back of our now probably bleeding minds. Nick is staring at us with glee. It tastes... well, OK at first, then the searing burning sensation kicks in, along with it the panic. Nick looks

unperturbed, "Peppery, huh?" he says, rushing off towards another ambiguous bush.

It takes Nick's friend and foraging brother-in-arms Dave Fennings, 35, to reassure us that the leaf, *Persicaria Hydropiper* – common name arsesmart (because it smarts to touch or eat) – is not entirely poisonous and as the UK equivalent of a wild chilli, makes a good addition to a sauce or salad. Sure enough, the burning soon fades, leaving an almost pleasant aftertaste. It is though, a rather unnerving introduction to the world of foraged food.



**F**or Nick, Dave and Dougy Robertson, 28 – another old school friend who's nearby, theatrically ripping some legs of a dead pheasant – this is the day-to-day. It's also business, and a good one at that if the brand-new spanking Land Rover Defender, emboldened with Nick's company logo 'Hunter, Gather, Cook' is anything to go by. Behind the car and fancy branding is a story of a friendship, shit jobs, leaps of faith, a crowd-funded treehouse and buried treasure (really). Oh, and one other thing: seriously delicious, lip-smackingly tasty food.

It began in Nick's south London kitchen in 2007. "I'd been to Battersea Park and foraged nettles for beer. I drank it one afternoon and it was pretty good. I had a pint, and then another one, and I remember sitting there and thinking, 'Why couldn't I try and live off the land? Why don't I move to the woods?'"

Nick may well have been blind drunk, but it wasn't an idea entirely out of the blue – he'd already made a name for himself as a survival expert on the reality show *Shipwrecked*, the hugely popular but (let's be honest) largely shit programme that dumped cerebrally challenged beefcakes and babes on the remote Cook Islands. Channel 4 had stumbled across Nick's blog (Hunter, Gather, Cook), which he wrote in his spare time on his passion for foraging and all things outdoorsy, and drafted him on to the show.

"After three months on a desert island, I came back to Earth with a crash," Nick explains. "I was in London again working as a set builder, cheffing, and I was skint. I didn't want to be there anymore." So, at a massively low ebb, the then 27-year-old upped sticks and headed to the woods; a tiny spot of land he found through a friend of a friend, which he paid for by for doing odd jobs for the land owner. It was there, sleeping under a tarp, living off £8 a week, doing occasional foraging work, that the seed was planted for Hunter, Gather, Cook, the business.

We're walking along with Nick listening to him reminisce, as we turn into a clearing in the middle of the woods and see first-hand what became of that seed. In front of us is a huge treehouse straddling four or five old beech trees. On the ground floor sits a kitchen built from clay and stone with a roaring open fire and a pot of »





**01** Kickstarter investors get their name immortalised on the treehouse HQ

**04** Arsesmart – the wild UK equivalent of chilli. Fed to FHM with fiery results

**02** Founder of Hunter Gather Cook, Nick Weston, with the day's lunch

**05** B the dog, pro truffle hunter and bone collector

**03** The fly argaric can cause hallucinations and a rather painful death

**06** Rack of delicious venous ribs in a spicy clavados sauce







08



09



07

07 A foraged truffle – street value £150

08 Theatrically prepping a pheasant for the oven

09 Tasty deep-friend (feet-on) pheasant legs

10 Nick pouring seriously feisty wild cocktails

11 Duck breast with broccoli and sweet potato

12 Nick, Dave and Dougy, sitting on the new Land Rover in front of the treehouse, and Hunter Gather Cook HQ



10



12



11



delicious-smelling stock bubbling away on top. There's game (the posh word for dead ducks and the like) nailed to posts, knives and pokers hanging from the rafters; axes, spits, and all manner of medieval looking implements littered about the place. And, on the top deck, a 'wild cocktail bar'.

It's a sight that gives a man a strange deep, warm feeling, a sort of giddy buzz you can't quite define. We're not sure if it's tapping into a boyhood fantasy or something much, much older, a part of our DNA that's retained a passion for bludgeoning wildebeests with clubs and hanging around in caves. Maybe not. After all, we don't get that same fuzzy feeling from seeing a semi-naked man running through a park chasing a dog with a spear.

There is, however, nothing prehistoric in how the five grand to build the place came about. All the hard cash was raised via Kickstarter – the global online crowdfunding platform that allows entrepreneurs to raise capital in exchange for perks and special experiences – in Nick's case, offering to carve a backer's name into a pillar (£10), naming cooking kit (£50), or a full-on *Game Of Thrones*-style banquet (£500) – obviously without all the beheadings, stabbings and sorcery.



**F**or many animals of the edible kind, seeing the mighty wooden structure should not evoke any kind of pleasurable feeling, rather the urge to run in the opposite direction as fast as those tasty little legs can carry them. Today, we'll see an ark full of different feathery and furry friends get chopped, diced, plucked, and sent two-by-two into the grill, smoker and 450°C clay oven. It leads us to ask Nick if he's sensitive to people who might object to such wanton butchery. "I had some t-shirts made up that said PETA – People Eating Tasty Animals – and posted a photo online. That didn't go down well. But to be fair, I probably shouldn't have hashtagged PETA [the highly proactive animal rights campaigners] in it."

Nick admits he's fond of "goading vegetarians" but is quick to point out that compared to the vacuum-packed, intensively farmed meat most of us consume, the local game and deer, foraged squirrel and pigeon on the menu here is "as ethical as it gets." And besides, he "wouldn't shoot anything [he] wouldn't eat."

The ethical argument makes sense but watching Nick, now on the top deck of the treehouse, surveying his kingdom and his friends prepping the evening's feast below, you get the feeling that the eco-friendly, planet-saving stuff comes second (possibly a distant second) to the main reason they're out here in the woods: namely to have a rollicking good time with axes, fire and meat. Hunter, Gather, Cook now employs five people, including Dave and Dougy plus B, Nick's dog and pro fungi

hunter. (Last week, her trained snout discovered six highly prized truffles worth around £500.) In the six years since Nick first headed into the woods, he's gone from helping out on the odd mushroom course to essentially running his own outdoor gourmet cooking school: teaching butchery, foraging and hunting skills, while dishing up wild cocktails and Michelin-star quality grub. It's meant a change of location to a bigger site, swapping the tent for the treehouse because the punters just keep on coming... families, stag dos, hipsters, pensioners and increasingly, large corporate parties with pleasantly deep pockets (Jägermeister brought 80 people down here just last week).

"Business has doubled, even tripled, year-on-year," according to Nick, but is it really as sustainable as the food? "We know that foraging is fashionable right now and that's just part of what we do, but the big thing for us is the meat, the cookery and the food." Speaking of which, we're finding it hard, very hard now, to focus on what Nick's saying as a frankly decadent banquet is being laid out on the huge wooden dining table before us.

First up: a light starter of smoked local duck and broccoli, followed by pheasant breasts stuffed with very moreish runny cheese. For mains: a whole rack of roasted venison ribs in a spicy Calvados sauce. And that's when it hits us – not just the paint-stripping heat of the sauce – that despite Nick's love of crawling through mud, this isn't Ray Mears-style bushcraft, eating bugs and sifting through your crap for sweet corn. This is bloody fine dining, and absolutely nothing gets in the way of taste. Hence, the woodland ingredients, are 'enhanced' with French brie and Parma ham, foraged from the chilled section of Tesco. Over a wild cocktail of blackberry whisky, as we resist the urge to lick our plate and the person's next to us, Nick has chance to reflect on how far he's come.

"Thinking back, I was probably quite depressed when I was in London. I was working weekends, I didn't see friends and I hated that. Ironically, I pretty much work every weekend now, but the difference is that I'm doing something I love." And, business-wise, what does he see as the markers of his success? "Probably the Land Rover – I've always wanted one. And being able to offer employment. These days I do a lot of the back-end stuff: press, bookings and all that. But those guys down there," he says, pointing to Nick and Dave rustling around in the twilight below us, "they're churning out restaurant-quality dishes on an open fire. They're the rockstars."

We peer over the edge of the treehouse into the dark and can just about make out his rockstars decapitating half a dozen dead ducks for tomorrow's next lot of wide-eyed foraging fans and meat groupies. It's not exactly Coldplay territory, but it would make a half-decent death metal album cover. **FHM**

Visit [huntergathercook.com](http://huntergathercook.com)

## Forager's foes



### Foxgloves

Eating a small amount of this common flower is enough to cause vomiting, diarrhea, heart attacks or the biggie: death.



### Devil's helmet

This widespread purple flower was blamed for the death of a gardener in Hampshire this year after he merely brushed against a plant.



### Black nightshade

Extremely toxic if eaten, causing hallucinations, rashes and convulsions. Its blue berries are the go-to ingredient for poison-tipped arrows.



### Hemlock

Often used to despatch murder victims in fiction; ingestion causes paralysis, then death.



### Wild boar

An adult boar is capable of tearing a man's leg off. They've also been known to smash through shop windows and trash cemeteries.







# THE LIFE AND TIMES — OF A — SUPREME ASSASSIN

~~~~~

How does a clean-living, mild-mannered honours student turn into his hometown's most feared hit man?

~~~~~

**Words:** Nadya Labi



**VINCENT SMOTHERS** thought it would be a normal job. In the summer of 2007 his friend, Marzell Black, asked him for a gun for his mother's boyfriend. Smothers didn't sell guns, and he told him so. Months later, Black amended his request, saying, "That dude who was looking for a gun? He asked me how much he would have to pay to kill somebody."

A murder Smothers could handle.

Smothers drove Black in his black Jeep Commander to a gas station on Detroit's East Side, the rougher part of the city. As they waited in the parking lot, a bald black man opened the rear passenger-side door and got in. It was the boyfriend, whom Smothers knew only as Dave. Staring intently at the back of the seat, Dave explained that the target was his wife; he was leaving her and didn't want her to be alone. "Who says that?" Smothers asks, his reedy voice rising with indignation. We are in a visiting room at the Michigan Reformatory, a prison in the US Midwest. "Tell me she's fucking the neighbour or that she killed your baby five years ago. But don't tell me you don't think she can be alone."

Smothers is 6ft 1in, with caramel-coloured skin and wavy black hair. He has 16 tattoos on his upper body. Among them are three in memory of loved ones; his nickname, Vito, emblazoned in red on his back; the words 'I never hesitate'; and, in Gothic letters, 'LOST SOUL'. By the age of 26, he had killed at least a dozen people, most of them drug dealers. As he saw it, he was simply hastening an inevitable conclusion. "When you grow up in the hood, you learn: if you sell drugs, you're going to end up one of two things – in jail or dead," he says. "Those are the results of that life." As for women who got in the line of fire, he reasoned, they'd benefitted from the trade. "When you flock to the ballers, you get what they get when it's your turn." But he had never set out to kill a woman, much less a civilian with no connection to the trade.

When Smothers met with Dave again, the day after Christmas, he hadn't decided what to do. As he waited in his Jeep in a parking lot, with a .40-caliber pistol held under his right thigh, Dave walked up from behind and sat in the rear passenger seat. Smothers noted his stealthy approach and thought: cop trick. He tightened his grip on the pistol. In the back seat, Dave said that he would call that evening and pretend to place an order for takeout, then take his wife to a pharmacy nearby. "When I'm going in, you go in and kill her," he said. He handed Smothers gloves and protective sleeves to keep the gunpowder residue off his arms, telling him to throw them away after the murder. He warned him to get rid of the gun

and told him that if he was caught he would gain nothing by snitching. By the time Dave left, Smothers felt sure that, even though the guy was clearly a cop, the job was legitimate. And now that Dave knew who Smothers was, he couldn't say no.

Smothers waited in his Jeep at the pharmacy until the call came, just before 9pm. A few minutes later, Dave drove up with his wife and walked into the store, nodding slightly. Smothers walked over to the car, broke the passenger window with a tire iron and, to give the impression of a robbery, demanded the woman's purse. She screamed and reached for something – her seat belt, Smothers guessed. He shot her in the head, four times. "Even before I pulled the trigger, it was different," he says. "I thought about how wrong it was. I was fighting myself about whether to do it."

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## "EVEN BEFORE I PULLED THE TRIGGER, IT WAS DIFFERENT. I THOUGHT ABOUT HOW WRONG IT WAS"

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Later that night, Smothers felt compelled to return to the scene, by then crowded with police cars and news vans. A cop pulled him over, and Smothers produced a fake ID. The officer explained that a witness to the crime had seen a similar Jeep, and then waved him on. At home, Smothers learned from the news that Dave was Sergeant David Cobb, of the Detroit Police Department. His wife's name was Rose.

For the first time, he felt that he'd killed an innocent. "I crossed a line I had been saying I wouldn't," he says. When he told his wife Cecily, she was furious; she had thought that he wouldn't kill a woman. Smothers wasn't sure that she would ever forgive him.

**Smothers grew up in a tight-knit family on Detroit's East Side.** The fifth of eight siblings, he was close to his father, Willie Frank, a black man from Mississippi who preferred to be called Sonny. During Smothers's childhood, he specialised in home repairs. He had met Smothers's mother, Mary, a 21-year-old nurse's aide of Polish descent, on a blind date in 1971. Mary wanted to get away from home, so when Sonny proposed she said yes.

From a young age, Smothers helped his father, learning plumbing, electrical work, painting. "He was good at everything," Mary

recalls. "It was like he learned instantly, like he already knew what to do." Sonny took the family to the movies, and went fishing with the boys; Smothers remembers stalking a deer with a bow and arrow at a campsite near Big Rapids. "We did a lot of things – gardening, ice skating, flying kites," says Vincent's brother Steven. "He didn't want to show love, but he showed it in his own way."

Sonny was strict. He expected the children to work hard and didn't abide smoking or drinking, though he'd done his share of both. When the kids transgressed, he disciplined them with tree branches or extension cords. Twice, he cut off the ponytail of Smothers's younger sister, Keilea, as punishment; the second time, his aim was off, and he sliced into her scalp. Mary tried to protect the kids but she feared Sonny, who beat her frequently.

"They say you should take your kids and go, but I couldn't do that," Mary said. "I had nowhere to go."

Aged 12, Smothers earned a spot at one of the city's top specialist schools. A year later, the family's home burned down in a woodstove accident; he helped rebuild it and began attending nearby Charles F Kettering Senior High School, walking back and forth with Keilea, who was a year younger. He was an honours student, with high marks in Spanish and biology. Kenneth Taylor, a teacher at Kettering, said of the family, "I think there

was a genuine desire on their part to have a better life."

Smothers had five close friends who also came from stable homes, a rarity in a neighbourhood where many children didn't know who their father was. "We were, like, the good kids," he says. "Bad kids start stealing cars at 12 or 13, doing weed, shooting at people. We came from solid backgrounds that kept us from those things. If you came home smelling like weed smoke, you had some explaining to do."

But in the late '90s, the family started to flounder. Sonny received a diagnosis of a rare type of lymphoma. Smothers's brother Dion stopped attending school and began selling drugs, and Sonny kicked him out. Around Christmas of 1997, Dion burgled a house in the neighbourhood. The man who lived next door, Grady Hudson, was close to the house's owner, and he threatened Dion, "I'm going to whup you every time I see you." Sure enough, each time he spotted Dion after that, he chased him. Then the next April, Hudson hosted a barbecue. Around sunset, as he worked the grill and downed Miller Genuine Draft, Dion and a friend pulled up in a white van. Hudson spotted Dion as he went inside and pulled two revolvers. When Dion emerged, Hudson raised a gun. "There ain't but one bullet in this – I ain't looking for a shoot out," he said.



## THE LIFE AND TIMES OF A SUPREME ASSASSIN

As Dion scrambled into the van, Hudson fired (he claims he aimed at the ground). He heard a scream: Keilea had followed Dion out to say goodbye. Hudson saw her fall, clutching her stomach. "I dropped my gun and ran to her," says Hudson. "I'm pulling her shirt, trying to see where she's hit. I see a little bitty hole in her stomach." Twelve hours later, Keilea died, at the same hospital where her father was being treated for cancer. When Smothers learned of her death, he went upstairs to tell Sonny, who wept and said, "I never got to say sorry about her scalp." He died eight months later. Hudson was sentenced to 40 to 60 years in prison for second-degree murder.

Smothers stopped going to school, and his grades slid to Cs, Ds, and Fs. He'd committed petty crimes before, like stealing food from a grocery store, but now his infractions turned serious; he missed graduation day because he'd spent the night in jail for stealing a car. He considered becoming a marine, but instead he got a job making air-conditioning and heating ducts, while he continued his criminal sideline. After two more arrests for stealing cars, he was imprisoned for a year and a half.

When he was released, he returned to his job, working his way up to foreman and earning \$16 an hour. In 2003, his left hand, which he favours, got caught in a machine that flattens steel, and he lost mobility in all the fingers apart from the thumb and index – the two he needed to fire a gun.

**If he'd been born 50 years earlier, he would've been a company man,** helping build the cars that propelled Detroit's growth. But at the turn of the century the dominant business in many parts of town was drugs. Black, who dealt crack, said, "I viewed dealing as bad, but it's, like, an option because it's all you know and all you see. Some guys make a nice living doing it." Smothers had a puritanical streak – he didn't smoke, take drugs, or drink to excess. But he wasn't averse to robbing the places where drugs were sold.

Smothers and his friends were ambitious and talented – the 'elite' as Black put it. They wanted to get ahead and crime seemed like the fastest ticket. In one 10-minute robbery, Smothers said, he made \$100,000 – the equivalent of three years' salary from his day job. In 2005, one of Smothers's basketball buddies introduced him to Leroy Payne, a laid-back, goateed black man in his thirties who liked to shoot dice in high-stakes street games. Payne worked for DeLano Thomas, a dealer on the East Side who had a predilection for accessories: luxury SUVs with neon headlights, diamonds on his watch and on a pendant worn around his neck. DeLano, in turn, worked for someone whom Black described as "real heavy": Adarus Mazio Black, one of the biggest drug suppliers in Detroit.

One day, while Smothers was chatting with Payne and some other men, someone asked, "How much would you kill someone

for?" Smothers didn't take the question that seriously. "I looked into how I would do it and gave a price, not thinking it would be agreed to," he says. Payne met his price and a couple of months later Smothers walked up to his first victim and shot him dead. Fifteen minutes later, he was home. "Emotionally, it didn't affect me," he says. "It wasn't, like, 'Wow, I just killed someone!'"

The following year, Smothers's bosses asked him to take a three-dollar-an-hour pay cut; he quit and struggled to find a comparable job. Smothers never considered himself a hit man. But killing became his steady line of work. For most assignments, Smothers says, Payne gave him the target's street name and an address, along with a description of the target and his vehicle. The address was a starting point; dealers rarely stay at a location for long. They also keep their guard up, typically emerging from their cars and homes with a gun at the ready. Smothers looked for a moment of vulnerability. "When you drive up to your house, you turn your car off. You make sure nobody is around, pull your door handle, push the door open with your foot, and lean over to grab whatever is sitting in the passenger seat," explains Smothers. If someone he was following had stopped at McDonald's on the way home, the target would inevitably reach for the bag of food on the way out of the car. "That moment you lean over, that's the moment you get killed," he says.



Clockwise (l-r): Kettering High School, where Smothers was an honours student; Rose Cobb, the policeman's wife executed by Smothers in 2007; Detroit drug kingpin Adarus Mazio Black

»



# HIT 'EM HIGH

Four of the US's most notorious contract killers



**HARRY "THE HOOK" ALEMAN**

Years active: 1970s

Sentenced to 100-300 years in jail in 1997, Aleman was a former boxer who carried out many of his hits for the Chicago mob in public.



**JORGE "RIVI" AYALA**

Years active: 1980s

A ruthless, darkly charismatic killing machine who put down at least 35 people during Miami's brutal cocaine wars.



**ABRAHAM "KID TWIST" RELES**

Years active: 1930s

The most feared member of the infamous 'Murder Inc' hit squad, made up of mainly Jewish gangsters. Favoured the ice pick and would frequently kill people for no reason.



**RICHARD "ICEMAN" KUKLINSKI**

Years active: 1950s-80s

For three decades, Kuklinski eliminated hundreds of people for various crime families around New York and New Jersey. His nickname is derived from his habit of freezing victims to disguise the time of death.

## In the summer of 2006, Smothers was hired to kill a dealer named Adrian "A.D."

There was a \$50,000 bounty on A.D., and a similar one on his best friend, Motorhead. Weeks earlier, Smothers had killed one of A.D.'s friends, catching him as he smoked a cigarette on his porch. A.D. was harder to trap; he switched cars frequently, and sometimes disguised himself with a dreadlocked wig. Smothers began to conduct surveillance. "In the hood, you can't pull up on the block and sit in the car," he says. "People think you're either police or you shouldn't be there. You've got to be able to get close without them suspecting you of anything." On stakeouts, Smothers cultivated a benign impression. He has a ready smile, a frame that looks too skinny to hold muscle, and a voice that tends to squeak when he's amused or saying a favourite phrase, like "Be for real!" He sometimes wore suits and, in the suburbs, brought along his dog, a 10lb Maltese-poodle mix. "If you're out at 3am, walking a dog that fits in most women's purses, people drive right by you," he said. When he was tailing A.D., he got as close as possible. At a liquor store near the drug house, he once held the door for Motorhead, who barely noticed Smothers. "He looked at me like I was a peon, like I wasn't a threat to him," he said. "That's a good thing."

One day in August, A.D. emerged from the house, laughing and talking with Motorhead. In the street, a group of kids were heading for the basketball hoop, and Motorhead barely noticed a tall light-skinned man among them. As he jumped off the porch, he heard gunfire, and felt himself get hit: he took several bullets to his stomach, two to his head, and one through his arm. A.D. ran for his white truck, parked 10 yards away, where his girlfriend was strapping their baby into a car seat. He was dead before he could get there.

Smothers said that Payne paid him the same day, before either man learned that Motorhead had survived. "I saw Motorhead's brains," Smothers said later. "I couldn't believe when I heard he was alive." Gunfire can be capricious, he said; his sister was killed by a single, misfired shot, while people like Motorhead "eat bullets". Smothers said that Payne wanted to make sure he didn't repeat the mistake: "That's why the others needed to be so gruesome after that."

## At the end of 2006, Smothers met Cecily, a pretty 22-year-old "red bone"

— someone of mixed ancestry whose light skin has reddish undertones — with a penchant for high heels. The first time they hung out, he told her what he did for a living, and she didn't believe him. By the time she

did, they were in love. Three months in, they were engaged. They went to the movies and restaurants, but more often stayed home, cooking elaborate meals and bonding over housework. They rarely argued. He moved with Cecily to a small row house in Shelby Township, a suburb north of Detroit. They bought new furniture and a flat-screen TV.

In April of 2007, Payne hired Smothers to kill two bus drivers. It was an act of retribution: they had turned informers in a federal investigation after being caught transporting drugs for Adarus Black. The drivers were summoned, but a few blocks from the meeting place, Smothers' car broke down. He continued on foot, calling Payne to tell him that he would need a ride. While

## "VINCENT WAS THE FIRST HITMAN I EVER TALKED TO WHO SEEMED HUMAN"

Smothers was on the phone, he saw the drivers, who had pulled their car over to the side of the road. One of them, an elderly black man, was leaning over the open hood, and Smothers, holding his phone to his ear, walked up and asked if he needed help. "Naw, young fella," the man replied. Smothers took out a pistol and, without hanging up the phone, shot him in the head, and then shot the passenger through the windshield. As he walked away, he told Payne that he was ready to be picked up.

## Three months later, Smothers killed Rose Cobb, the policeman's wife.

Afterwards he couldn't get her out of his mind. The case was in the papers: the officer, David Cobb, was arrested and questioned, and not long afterward he hanged himself in a suburban park. Smothers experienced Rose Cobb's death differently from his other victims. "I don't remember the other ones, but I can still see her moving, screaming, stuck in that seat belt," he says.

He decided that this would be his last job. Killing someone he deemed innocent had upended his sense of himself. And he had another incentive, too: Cecily was pregnant. That spring, she gave birth to a girl, whom they named Keilea, after Smothers's sister.

One morning shortly after Smothers returned home, he was cooking breakfast



for Cecily when he realised that he was out of grits. He put the bacon in the oven and stepped outside with Keilea, making his way toward the grocery store next door. Before he could get there, a policeman drove up, drew a gun, and ordered him to the ground.

Ten hours later, he was at the Schaefer police station, in Detroit, in a room with a square wooden table and two black plastic chairs. He had been brought in to talk with Ira Todd, a member of the city's Violent Crimes Task Force. "What's going on with you, man?" Todd asked. "Nothing much," Smothers answered quietly. A video of the interrogation showed him folding himself into the seat, his hands cuffed behind him. His hair was dishevelled, and he had thin sideburns and a moustache. "I've been talking to a lot of people about you, my friend," Todd said, as he set up a camera to take pictures. "OK," said Smothers. Todd continued: "You've got troubles. We know that you are, per se, a hit man, a contract hit man," he said. "We know that you killed a cop's wife. We know that the cop hired you."

Todd said that Cecily had told the police about Rose Cobb's murder, and was showing them weapons that Smothers had asked her to stash. But she also said that he was a great father to their children. Over the next 20 hours, Smothers talked. He combed through his memory, trying to keep the order of his hits straight.

"I really believe that Smothers was giving me the 100% truth," Todd says. "He was the first hit man I ever talked to who seemed human. You literally walked away saying, 'Oh, my God, what happened to this kid?'"

**As Smothers awaited his own trial, he was placed on 23-hour lockdown at a jail in Detroit.** He read books and learned some chess moves from his neighbour, a man named Phillip Zabawa. Smothers's cell happened to be positioned across the catwalk – a 6ft-wide passageway between cells – from a TV, and he rigged a string and two spoons over a pipe so that he could change channels from his cell. Zabawa described the contraption as a "minor feat of mechanical engineering."

On December 26, 2009 – the anniversary of the day Smothers's father died, and of Rose Cobb's murder – Zabawa was lying on his cot, absorbed in a book, when he



heard a rustling noise from Smothers's cell. The prisoners had toilets in their cells, and Zabawa wrinkled his nose at the smell. "Hey, dude, put some water on it," he yelled to Smothers. He got no response, so after a minute he asked again, "Hey, how about a courtesy flush?" A female guard doing her rounds looked down the catwalk, then opened the gate and rushed forward. Smothers was hanging from a pipe, with his bowels emptied; he had fashioned a noose out of two large plastic garbage bags.

Smothers failed to kill himself: his heart stopped, but the guards and EMTs revived him, and he spent about a week in a coma. When he returned to his cell, his chess game was still good, Zabawa says, but his consciousness seemed altered. Now 31, Smothers spends his days reading. He admires *Dr Jekyll and Mr Hyde* and he's read more than 100 romance novels.

Like many who have crossed paths with him, Smothers doesn't know what to make of himself. He feels that he is "not a bad person... not an asshole," even though he did some of the "worst things imaginable." At times, he feels overwhelmed by the years ahead of him, and regrets that his suicide attempt didn't work. He talks longingly of the day when "I run across whoever will kill me."

Zabawa speculates that the near-death experience "brought home to him what he did to the families" of his victims. The following summer, in 2010, Smothers pleaded guilty to eight murders, and was sentenced to 50 to 100 years in prison. He declined to address his victims. "There is no atonement," Smothers says now. "I've taken people away from people who love them. I can't give them back. I understand that level of pain." **FHM**

## THE DECLINE OF DETROIT

### ► 1950s

The city's auto industry is broken up as car plants start to be relocated to Canada and Mexico, causing mass unemployment.

### ► 1967

Dozens of people are killed and 2,500 shops looted and burned during five days of "ghetto rioting".

### ► 1970s

Huges swathes of the city are left to ruin. Detroit becomes notorious for violent crime. To this day 70% of murders go unsolved.

### ► 1991

Crime rates peak. Vast population decline means abandoned buildings become magnets for drugs and arson.

### ► 2013

Detroit becomes the largest US city to ever file for bankruptcy.





style

**SMELLING, LOOKING  
AND FEELING BRILLIANT**

A MAN'S GUIDE TO

INCORPORATING THE FHM GROOMING AWARDS 2014

Words: William Barnes  
Photography: Marco Vittor and Conor Sheehan



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**FHM**

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# style news

01/15

## FOOTWEAR

# MADE IN AFRICA

Alexia Hentsch, founder of Hentsch Man, was born in Brazil, set up her own label in London and has collaborated here with French brand SAWA to create the sickest set of hi-tops around. And they're made in Africa. We can only dream of having as many passport stamps as that.

SAWA is known for challenging the normal rules of design and production. It prides itself on demonstrating the craftsmanship of a country and contributing to the development of communities.

Hentsch Man's slick-rick fabrics and SAWA's flawless style equals a collection of sneaks that are like a party on your feet. Go get 'em.

**Trainers, £110, [hentschman.com](http://hentschman.com)**

*These come in dark florals too, if you're feeling fancy*

### Make sure you:

**01** Protect your creps. You don't want the rain to ruin beauties like these, so cover them in a protective spray.

**02** Don't lace to the very top. You need passers by to see the extremely cool collab trainers you have.

**03** Roll up, roll up. Turning your jeans up will show these hi-tops off good and proper.





## ACCESSORIES

## USE YOUR HEAD

Country walks, Christmas shopping – generally any time spent outdoors will require a beanie hat from now on.

Where's Wally has been sporting his for exactly 27 years, but we suggest you update yours a little more often and bag yourself a shiny new noggin warmer for Xmas...



£25  
luke1977.com



£65  
APC at mrporter.com



£20  
farah.co.uk



£10  
openstores.co.uk

PHOTOGRAPHY: MARCO VITTOR, CONDO SHEEHAN

## COLLAB

## OLD SCHOOL MEETS NEW

Winter weather has well and truly kicked in with the walk to the office suddenly Baltic. But fear not, the guys at heritage rich Harris Tweed have taken their previous capsule collections with ASOS and expanded them big time. Using both traditional Harris Tweed

fabric and the forward-looking minds behind ASOS, a collection full of thick flannel shirts, herringbone blazers and super-chunky knitwear is born. Now you've got no excuse for freezing your nuts off on the way to work. *Shirt, £100; sweatshirt, £36, both asos.com*

## INVEST

## LAYER IT UP

Ultimate explorer brand Victorinox doesn't just boss it when it comes Swiss army knives; it knows how to throw together a pretty bad-ass jacket, too. If the subtle camo outer layer and the statement orange inner aren't enough to convince you, then trust us when we say this jacket could protect you from a *Day After Tomorrow* style big chill.

*Jacket, £375; gilet, £150, both Victorinox at houseoffraser.co.uk*

Up your  
outerwear  
game







Battling frost and big-ass snowflakes is no excuse for  
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**Trade up**

Swap your leaky suede boots for a sturdy pair. These troopers will survive the storms without getting water stained and won't slip in the snow. CAT's iconic Colorado boots have been protecting industrial workers' tootsies since 1991.

HAT, £32, [FRANKLINANDMARSHALL.COM](http://FRANKLINANDMARSHALL.COM).  
JUMPER, £135, [BBCICECREAM.EU](http://BBCICECREAM.EU).  
COAT, £236, SOULLAND AT  
[GOODHOODSTORE.COM](http://GOODHOODSTORE.COM).  
TROUSERS, £200, [EU.BAPE.COM](http://EU.BAPE.COM).  
BOOTS, £100, [CATFOOTWEAR.COM](http://CATFOOTWEAR.COM)







**Stay clean**

Say hello to heavy-duty denim – your standard jeans just won't cut it on your freezing commute. MQT's 18oz selvage jeans can take a beating and still look pristine. Their raw finish means oil, snow or hot cocoa ain't ruining 'em for nothin'.

SHIRT, £63, WESC.COM.  
JUMPER, £195, APC.FR.  
SCARF, £35, PENFIELD.COM.  
JACKET, £280, PARKALONDON.COM.  
JEANS, £99, MQTDENIM.COM.  
SHOES, £259.99, REDWINGSHOES.COM



HAT, £35, PENFIELD.COM.  
JUMPER, £135, RUSSELL ATHLETICS  
AT SIZE.CO.UK.  
COAT, £280, PENFIELD.COM.  
TRACKSUIT BOTTOMS, £40,  
LECOQSPORTIF.COM.  
SHOES, £150, OHW SHOES.COM

**Beat the elements**

Losing your beanie and your cool in the gale-force winds isn't a strong look. Choose a trapper hat that stays firmly on your noggin no matter what, like Penfield's matching parka and hat.





## style

HAT, £20, LIFESABEACHBRAND.COM.  
T-SHIRT, £80, STONEISLAND.CO.UK.  
SHIRT, £145, PATAGONIA.COM/EU.  
JACKET, £185, CARHARTT-WIP.COM.  
TROUSERS, £70, BENSHERMAN.COM.  
GLOVES, £8, OPENSTORES.CO.UK

### Go retro

Christmas 1994, East 17 were storming the charts dressed in white puffers. Take away the slushy tunes, add some modern design and you've got your new winter look. Wear over a flannel shirt to nail the trend.



HAT, £20, VANS.CO.UK.  
COAT, £524.95, ATELIER SCOTCH AT SCOTCH-SODA.COM.  
TROUSERS, £119, TEDBAKER.COM.  
SHOES, £60, GOURMET AT WELLGOSH.COM.  
BAG, £133, SANDQVIST.NET.  
GROOMING: CLINIQUE SKINCARE AND L'ORÉAL PARIS

**Be prepared**

Put down your uncle's 20-year-old walking rucksack and bow down to Sandqvist. The Swedes have done it again, with a visually beautiful and practically sound wax-coated canvas backpack that's weatherproof.





# TIME YOU GOT A WATCH...

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Every man should aspire to join the Maurice Lacroix club. Producing over 90,000 tickers a year doesn't mean they scrimp on crafting the crème de le crème. £3,490, *Maurice Lacroix at jurawatches.co.uk*



**BEST FOR UNDER £100**

Storm excels when it comes to slick link watches, and the Baron makes no exceptions. The futuristic design with a see-through face will set you apart from the crowd. £59.99, *stormwatches.com*



**BEST TIMELESS CLASSIC**

This heritage watch with a fabric strap will always be on time and on trend. One to pass down the generations, we guarantee it'll be on your great, great grandson's wrist years from now. £60, *accurist.co.uk*



**BEST SPORTS WATCH**

Boss it like Beckham in Luminox's 3057.WO; its mineral crystal face and double-gasket crown features will have you feeling like you earn £15K a week. £296, *Luminox at watchshop.com*



**BEST SURVIVAL WATCH**

You say adventure brand, we say Victorinox. The brains behind the original army knife celebrates its 130th birthday by releasing the toughest timepiece in town. £329, *Victorinox at johnlewis.com*




**BEST  
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WATCH**

This square grid has 110 letters which tells you the date and time in actual words. Think a little less Joey Essex and a lot more Mark Zuckerberg. £510, Biebert & Funk at panik-design.com


**BEST  
DIVING  
WATCH**

We're almost certain the legendary scuba diver Jacques Cousteau would approve of Citizen's Promaster. Strap it on, jump in and see it's rapid ascent alarm to 200m deep. £629, citizenwatch.com


**BEST  
DRIVING  
WATCH**

2014 Wimbledon winner Novak Djokovic backs the brand, making Seiko a label for champions. This one's not just a pretty face – it's power saving and anti-reflective. £299, seiko.co.uk


**BEST FOR  
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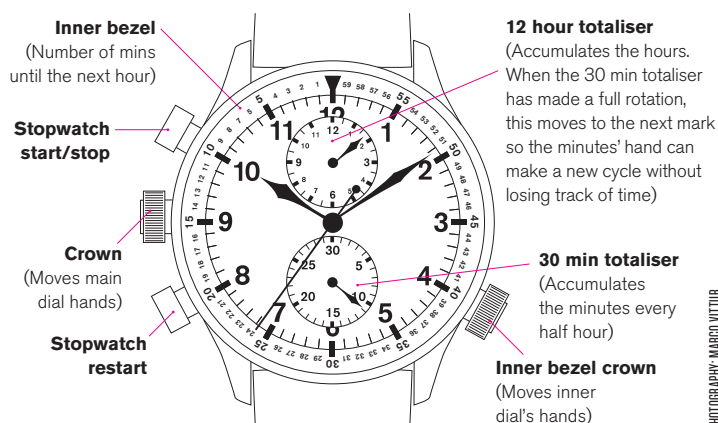
These Swiss watchmakers have been crafting wrist clocks since 1951. With an all black watch and Helvetica font, you can't go wrong. £325, Mondaine at watchshop.com


**BEST  
WORK  
WATCH**

Swatch is breaking its mould good 'n proper, not just for neon plastic watches – now the brand has a credible collection of leather strap designs. £105, Swatch at swatchshop.com

## KNOWLEDGE IS POWER

When German locksmith, Peter Henlein, invented the portable clock in the 16th century, we bet he wouldn't have recognised the wrist pieces on the market today. With all the bells, whistles and dials, here's how to know your way round a modern watch.





KICKS

# WINTER-PROOF YOUR FEET

Don't submit to the cold. Use it as an excuse to lace-up with style...



£105, ELEMENTBRAND.COM



£175, FILLING PIECES AT HARVEYNICHOLS.COM



£95, LACOSTE.COM



£100, CLARKS.CO.UK



£120, GOURMET AT URBANINDUSTRY.CO.UK



£140, CLAE.EU

KEEP  
SMART

TRAIL  
TRAINERS



## PROTECT YO' LEATHERS

*Why spend all that money on a shit-hot pair of leather boots only to let them get destroyed? Paul Lister of Cherry Blossom, the last remaining shoe polish manufactured in the UK, tells us how to keep 'em fresh...*

### 01 Prep

Remove any laces to allow clear access to the tongue. Insert a wooden shoetree to keep the shape and to provide a firm surface to aid effective cleaning.

### 02 Clean

Remove dust and dirt from the surface using a fresh cloth and clean out the welts of the shoes.

### 03 Polish

Apply the polish in the appropriate colour (Cherry Blossom have 40 different shades) using small circular motions and covering the entire surface area.

### 04 Leave

Let the polish dry for 15-20 minutes for best results. With a clean, dry shoe brush, vigorously buff leather to a shine.

### 05 Buff

For an ultra-pristine sheen, buff again using a quality polishing cloth to ensure a high-gloss finish.

### 06 Bonus

Polish naturally provides some protection but you can complete the process using a spray protector to beat rain and everyday stains.

### Top Tips

New leather can be a little stiff. Applying shoe polish will maintain the suppleness of the leather, helping to prevent cracking in the main flex areas.





THE DILEMMAS OF MAN

# ARE MY PJS CRAMPING MY STYLE?

Every gent should look as good after dark as he does in the day...



## BEDHEAD

You only have to look at the sheer number of hair products on the market dedicated to the bedhead aesthetic to realise that achieving this look 'au natural' can only be a good thing. Embrace your messed-up do.

## CLEAN LINEN

Never ever refer to your bed as 'The Love Factory', 'The Quilted Palace of Dreams' or 'The Sausage Station'. Do, however, invest in your bedding, whether it's for that all-important first impression or just 'cos every man should have clean, classy sheets.

## LUXURY ATTIRE

First of all, let's not call them jammies. That's what children wear. PJs, or pyjamas, will do just fine. On average, we spend over 3,000 hours a year in bed, so invest in some suitably lavish garbs.

## SLEEPWALK IN STYLE

Nothing says 'real man' more than a good pair of slippers, and these Harris Tweed numbers will have you gliding round your manner in total sophistication.

## SMELL LIKE LAVENDER

Have trouble sleeping? Or maybe you smell? Either way, dotting lavender oil on to your pillow before bed is an age-old method that releases daytime tensions and aids sleep.

THIS PAGE: PYJAMAS, £29; PAUL SMITH AT HOUSEOFSEASIDER.CO.UK; SLIPPERS, £50; BEDROOMATHLETICS.COM; PILLOW CASE, £16; DEBENHAMS.COM; OPPOSITE PAGE: DOUBLE DUVET, £14; PILLOWS, £5 EACH; BOTH MATAIAN.CO.UK; BED COVERS, £50; URBANOUTFITTERS.COM





### 01 THE CANNONBALL

**Why:** An avalanche may have crushed you in your former life, but it's more likely you're cold because you're only wearing boxers.

**Wear:** Quality cotton, clean-on boxers are a must. For bonus points, get yourself some matching socks – keeping your feet toasty will help warm up the rest of your body.

Boxers, £19.95; socks, £8, both [happysocks.com](http://happysocks.com)



### 02 THE STARFISH

**Why:** You're a man who wants it all and that goes for space in the bed, too. With this much on show, you'll need some snazzy garms.

**Wear:** Le Coq Sportif has been making sporting goods since 1882 and this tracky is the comfiest thing this side of comfyville. What other threads can you bowl straight out of bed and go to the shop in, while looking semi-acceptable?

Sweatshirt, £65; tracksuit bottoms, £75, both [lecoqsportif.com](http://lecoqsportif.com)



### 03 THE ERRATIC SNOOZER

**Why:** You're prone to fitful sleep and you need an outfit that can handle all the twists and turns you'll give it.

**Wear:** A simple jersey onesie, like this classic from Next, is all you'll want to keep you snug in the colder months.

Onesie, £20, [next.co.uk](http://next.co.uk)



### 04 THE TOMBSTONE

**Why:** You're a straight-up guy, and you need the attire to match.

**Wear:** There's nothing as homely as a t-shirt that's moulded to your very shape after hundreds of wears since its inspired purchase at the band's reunion tour in the early '90s. Pair with a decent pair of bottoms, such as these ones from Libertine Libertine.

T-shirt, £25, [amplifiedclothing.com](http://amplifiedclothing.com). Pyjama bottoms, £45, [libertine-libertine.net](http://libertine-libertine.net)

## FOUR DREAMS AND WHAT THEY MEAN



### Falling

This is about a lack of control, insecurity or underachievement in your waking life. Get up and sort your shit out!



### Bad teeth

These dreams usually reflect a fear of saying something you shouldn't have. No Tweeting before bed, eh?



### Drowning

You're overwhelmed! Try slowing down and relaxing. And if that doesn't work, go to bed with a snorkel.



### Sleeping

This can represent peace of mind but also, confusingly, death. Dying in a dream though can actually mean new beginnings.



# WHERE GIRLS GO TO PLAY

## FHM DATING *SINGLE GIRLS*

There are currently thousands of amazing woman near you, looking for the exact same thing: love, no-strings fun and everything in-between.

JOIN TODAY  
AND MEET  
SINGLE GIRLS  
FOR JUST

**£10**

**Join now at [FHM.com/singlegirls](http://FHM.com/singlegirls)**

Enter promo code FHM10 to claim your first month's subscription for £10.  
Offer valid from 4 December 2014 – 8 January 2015



# FIX UP, LOOK SHARP



Our monthly guide to rebooting your style

## #6 New year, new you

Bringing in a brand new year is always a good time for change and the *FHM* and VO5 Extreme Style team have just made it loads easier to do. Here's how Steve Hoffland, 31, London, had a turn in the barbers chair to spruce up his outdated do and his stuck-in-a-rut wardrobe.

### THE HAIR

VO5's head stylist Daniel Lynes told us, "Steve's hair has a good length to work with, it just

needs some more direct shape. Blow drying upwards makes such a difference and adding volume with VO5 Extreme Style Casual Control Fluff Tamer creates a textured look to start 2015 with."

**Ask the barber for:** A 'square graduation'. All the hair is cut to the same length in a box-like shape, but cut with a 'point cutting' technique to give choppy vibe.

**Product:** VO5 Extreme Style Casual Control Fluff Tamer tames stray hairs and creates texture for all day natural control.

**How to use it:** If you don't have time to use a hair dryer, rub a little product between your hands and apply to your hair, adding shape with your fingertips to achieve the look. On damp hair you'll get a firmer finish, or you can apply to dry hair for a more natural look.

### THE STYLE

Daisy Deane, *FHM* fashion editor says, "Colourful kicks are big news for 2015. Pair with some patterned trousers and a logo tee."

## Win a £1,500 makeover

Like the sound of winning clothes vouchers, a load of VO5 Extreme Style hair products, a snazzy hair cut and shave, and a personal styling session worth £1,500 with *FHM* fashion editor? Visit [fhm.com/makeover](http://fhm.com/makeover) to enter



BEFORE

A Matt black coach jacket is great for nights out and for the commute to the office

Go for a funny slogan or a logo tee for a laid-back vibe

Checked trousers add a skater style to a grungy look – a huge trend for 2015



AFTER

JACKET, £64.99, HYPE  
T-SHIRT, £25, NIKE  
TROUSERS, £36, TOPMAN  
TRAINERS, £95, NIKE

COMPILED BY: DAISY DEANE. PHOTOGRAPHY: MARCO VITTOR

Check out the video at [fhm.com/newyou](http://fhm.com/newyou)



**WIN AT LIFE**

# Upgrade

EDITED BY  
JORDAN WALLER

Rocky's original jog  
through Philadelphia  
clocks in at over 30 miles

## MOVIE MUSCLE HEROES EXPOSED

Can we trust Hollywood for solid  
fitness advice? FHM investigates...

PHOTOGRAPHY: MARCO VITTUR



# 1 WAS ROCKY BALBOA A BIG FAT FRAUD?

→ Sly Stallone's mumbly-voiced boxing hero gets ripped in five films across 30 years. But will aping his hardcore regime get you a Rocky bod? FHM finds out...

## • Chug some eggs

The boxing champ downs a pint of raw eggs before pounding the shit out of the Philadelphia pavements.

### The skinny:

Nick Wilkinson, Nuffield Health nutritionist: "Eggs are an excellent source of protein but there's little added benefit to eating them raw. In their natural form they're incredibly difficult to digest, and eating them before a run will just upset your stomach. Try poaching them instead or, better yet, ditch them for porridge to get serious slow-release energy."

### Verdict:

A perfectly viable protein boost to have just before your run providing you've got a stomach of steel and aren't averse to spewing gooey egg yolks all over your trainers. Cook to be safe.

## • Get chopping

Stallone gets back to basics in Rocky IV, shunning technology for a primal

strength workout of chopping up a massive pile of firewood.

### The skinny:

Frank Buglioni, WBO Middleweight boxer: "This is a great upper-body workout; you're using loads of different muscles and learning to focus your energy in one place. We actually do something quite similar using a sledgehammer to bash a tyre. Do that a few times a week and you'll be punching harder than a car crash."

### Verdict:

Every bit as good as a proper gym workout and 100% more bad-ass.

## • Take on the chicken run

An out-of-shape Rocky is ordered to chase a chicken around a pen to build up balance and speed in Rocky II.

### The skinny:

Frank: "It could definitely work, but you might have a bit of bother getting hold of a chicken. It'd probably be easier to just get in the ring and spar with



someone lighter and faster than you. Sparring puts you through your paces, keeps you on your feet and improves reaction times."

### Verdict:

A bonkers old-school exercise that'll get you fit, but is highly impractical and will probably put you on the RSPCA's most-wanted list.

## • Women weaken legs

Old-school trainer Mickey puts a sex ban on Stallone, claiming that women reduce your recovery time and make you weak.

### The skinny:

Frank: "It might not completely wipe you out unless you're having sex a few hours before a fight, but psychologically it can be a distraction. If I'm training I'll definitely abstain so that I can have 100% focus."

### Verdict:

Unless you're competing in a big event, you'll probably be OK to get your beak wet – just not *directly* before exercise.

## • Run like you're flying

No Rocky flick is complete without the Gonna Fly Now running montage across a grey Philadelphia sky.

### The skinny:

Frank: "If you totted up the distance Rocky's doing in the films, he's coming in around 30 miles, which is slightly excessive. Too much long-distance hones your slow-twitch muscle performance, which isn't always great when you need to be nippy. I do eight to 10 miles a day, enough to stay fit and maintain a solid endurance level."

### Verdict:

A staple of any training regime that shouldn't be sniffed at. Just don't kill yourself if you're not training for at least a half marathon...

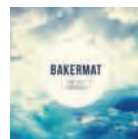
## Get a knockout playlist to take it to the next level

→ According to super-scientific studies, music is proven to lower 'perception of effort' while working out, which basically means that even though your muscles will be burning, your brain won't even register it. In theory. Distract yourself through the burn with Frank's top workout tracks...



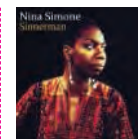
### Milky Chance Stolen Dance

A persistent kick-drum and acoustic guitar combination with lazy hazy vocals that'll put your brain into workout autopilot.



### Bakermat One Day

Euphoric dance goodness wrapped round the inspirational words of Martin Luther King – a top pep talk for the bleakest part of your training.



### Nina Simone Sinnersman

Ten minutes of Simone's bluesy vocals over a piano line that has more momentum than a runaway train. Play when you hit overload.



### TV On The Radio Staring At The Sun

Dirty bass lines, falsetto vocals and a syncopated drum beat that'll compete with your own exhausted heartbeat for one final push.





In the books, Bond consumes an average of 92 units of alcohol a week – four times the recommended limit

# 2 CAN YOU BOOZE LIKE BOND

## AND STAY TRIM?

→ *He knocks back the drinks but still sports a six pack. Nick Wilkinson, Nuffield Health nutritionist, explains how you can enjoy a 007-style tipple without worrying about messing up all your hard gym work...*

### What kind of hangover is Bond going to be suffering after a vodka Martini binge?

Aside from the obvious effects on your mental ability and the headache you'll get, all alcohol is extremely aggressive to the stomach lining and liver. It goes without saying that the stronger the alcohol you're drinking, the worse it is for you, and spirits are notoriously bad.

### Other than a headache and reduced mental ability, what else will stop him from saving the world?

The other big issue with alcohol is the calorie content. A pint of beer alone has

around 300 calories in it, so if you drink a lot, you'll get a belly quick, which isn't ideal for a super-fit secret agent.

### What if he sticks to more slimming drinks?

A vodka and tonic would be easier on the waistband with just 60-80 calories, but you're compromising for a higher alcohol content that'd be even worse on the stomach. If Bond wanted to enjoy a boozy drink, his best bet would be to reduce the chance of piling on the pounds or ruining his stomach by avoiding weighty drinks like lager, and liver-damaging strong spirits, shaken or stirred.

### WHICH BOOZE IS BEST?



● **Spirits**  
Calorie equivalent of  
two pieces of chocolate

60 calories



● **Champagne**  
Calorie equivalent of  
three pieces of chocolate

90 calories



● **Small red wine**  
Calorie equivalent of  
four pieces of chocolate

120 calories





### So what booze could Bond drink responsibly then?

Red wine is a good middle-ground because the anti-oxidants in it actually protect your insides from a lot of the alcohol's toxic properties. Champagne is also good, as it has fewer calories than normal wine due to the volume you drink and the size of champagne flutes. In theory it's a much more controlled and manageable amount so you wouldn't drink to excess.

Both drinks in moderation would stop you from ruining your figure and reduce the effects on your liver, while keeping an element of that James Bond class.



#### ● Beer

Calorie equivalent of up to 10 pieces of chocolate

240-300 calories

## upgrade : Fitness

To keep his physique while filming, Nic Cage would pump weights between takes



# 3 CAN I GET PRISON FIT CON AIR STYLE?

→ *Nicolas Cage is banged up for manslaughter and spends his hard time beefing up with a basic (yet gruelling) workout routine before battling a plane hijacking in the classic 1997 movie.*

London's top fitness expert Zack Cahill from Aegis Training tells you how to get ripped like you're serving some serious time in sing-sing...

"Life choices aside, in a lot of ways prison is the perfect place to get ripped," says Zack. "You can't drink, you're in bed at the same time every night and you've got time to focus on

your body. The secret is being creative. You don't have the luxury of equipment so need to focus on body weight exercises, much in the same way that a gymnast would.

"Avoid rest days and go for high-volume training, doing a ton of reps to push yourself into overload, just like Nic Cage in *Con Air*..."



### 3 sets of 10 chin-ups

Start with the standard exercise and then experiment with your grip, moving your hands wider.

#### Next level

Once you're strong enough, try doing chin-ups with your arms as wide as possible and your hands facing away from you. It's a real ball breaker.

### 3 sets of 10 push-ups

A training essential that can hone your arms, shoulders and, if done right, your core.

#### Next level

Elevate your feet so there's more weight focused on each lift, then aim to get your legs higher each time until you're doing the famous handstand push-ups from the film.

### 2 sets of sit-ups to exhaustion

The ultimate six pack builder. You need to concentrate on volume and maintaining tension in your abs throughout each set. Don't count reps, go until you're completely wasted.

#### Next level

Do reverse sit-ups, anchoring your arms on

the end of your bed and lifting your legs instead of your upper body.

### 2 sets of 10 squats

Start with standard squats to build your lower body; if you can, add weight by holding books. A massive encyclopedia is ideal.

#### Next level

Pistol squats are an absolute killer and great for pushing your body into overdrive. They're the same as normal squats, only with one leg raised, focusing all your weight on one foot. Repeat for each leg.





Forrest runs 19,024 miles  
– 16 miles a day for three  
years, two months, 14  
days and 16 hours



# 4 HOW FAR COULD FORREST GUMP REALLY GO?

→ Tom Hanks' 1994 comedy epic sees the lovable Forrest Gump run coast-to-coast across America fuelled by little more than shrimp and a broken heart. But will copying his laid-back approach win you marathons?

## • Get vintage kicks

Forrest's trainers of choice are a pair of trusty Nikes, which carry him over more than 19,000 miles of solid endurance running.

### The skinny:

Zack Cahill, *Aegis Training*: "The arches of your feet are essentially shock absorbers; if you're wearing the wrong trainers, the impact of each step will go straight through to your knees and leave you in agony by the next day."

### Verdict:

A bad workman may well blame his tools, but wearing shit trainers will ruin your legs and make it impossible to get the miles in. Invest in a pair that'll go the distance.

## • Don't hit the road

With no planning, Gump opts for a picturesque route of hard road running across America's desolate desert highways and country roads.

### The skinny:

Zack: "Running on hard surfaces like

roads can easily leave you with achey knees and shin splints. Running on grass is a lot easier for obvious reasons but another tip is to try running up hills rather than flats. It'll reduce the strain on your joints."

### Verdict:

Road running is all well and good but at Gump-like distances you'll be limping like you've got rickets in no time.

## • Pass up morning glory

At no point during the film do we see Hanks running at night, opting instead for picturesque sunrises and dawn jogs.

### The skinny:

Zack: "There's no set rule for when to run but it can be easier later in the day when your muscles have woken up and your joints are more lubricated. If you do run in the mornings, make sure you get up early enough to warm up."

### Verdict:

It might be tempting to start early but for optimal performance, wait until your body has got into gear.

## • Do the legwork

Forrest isn't just a runner. During the film, he spends time honing his entire body through military training, American football and pro-level table tennis.

### The skinny:

Zack: "Running isn't just hitting the

pavements; if you want to be a better runner and pick up fewer injuries, you need to be an all-rounder. Training your glutes, hamstrings and upper back too will improve your posture and ability to take the strain of a big session."

### Verdict:

A bodybuilder wouldn't skip a leg-day; likewise, a runner shouldn't just focus on his pins to perfect that Forrest form.

## • Don't get yourself in a stitch

On his travels, Forrest stops only to sleep, eat and go to the loo, and is seemingly impervious to the running nightmare that is 'stitch'.

### The skinny:

Zack: "If you can run 10 miles, you're mechanically fit enough to function at long distance. At this point, it's just a case of staying hydrated and mind-over-matter to deal with the mental discomfort. You just have to run through the pain, including a stitch."

### Verdict:

There are no easy fixes; just console yourself with that fact it happens to everyone, maybe even Forrest.

## • Run without prep

After zero traditional training, Gump ties up his trainers and starts hitting marathon levels of distance.

### The skinny:

Zack: "If you don't prepare your body by warming up, you'll injure yourself, no question. Don't just do the obvious stretches – pay attention to your hip flexors, the muscles just in front of your hip joints. They'll really increase your flexibility."

### Verdict:

Without warming up, Gump would have been a hobbling mess after day one, and you will be too.

## Now meet the man who really ran like Forrest...



Jamie McDonald became a real-life Forrest Gump in March

2013. He ran 5,000 miles unassisted across the whole of Canada and raised more than £100,000 for charity in the process. Here's how hard it was in his own words...

**"When it comes to running great distance,** there's no real way to train without just doing it. My training began the moment I started.

**In the beginning, I was running around 10 miles a day and it was a killer.** I found myself getting stronger every day, although I didn't always feel it. After the first 1,000 miles though, I was able to run the equivalent of a marathon on a daily basis.

**The pain is incredible.** After the first few weeks I got chronic tendonitis and my foot became too swollen to fit in my shoe. I cut the trainer open and taped it around my foot. I cried and hobbled through a lot of miles like this and ended up with a permanently misshapen foot. **The worst though was frost bite.** I got caught

in a storm and the temperature dropped to -40°C. My nose turned brown and I was terrified it was going to fall off. It's a strange experience to run with something like that. In the end, the skin just peeled off and I lost some of the tip.

**For any kind of running like this, I don't see it as being about physicality.** I'm not an athlete – it's all down to mind over matter. The biggest motivator when running is seeing the support of other people, just like when you run normal marathons.

**Anybody can do it, you just need to start and you'll feel incredible afterwards.** All you need are some socks and some trainers."

Check out Jamie's next adventure at [jamiemcdonald.org](http://jamiemcdonald.org)





# Which remote control car leaves the rest in the dust?



We drafted in James Bond stunt driver and former Stig Ben Collins to burn tiny rubber and find out which carpet cruiser is best...

01

## M:Tech Wall Climbing Car

The ambitious novelty motor

£19.99, [menkind.co.uk](http://menkind.co.uk)

### The lowdown:

A wall-climbing vehicle that has the aesthetic of a Happy Meal toy from the '90s and sounds like an industrial vacuum cleaner.

### Looks:

*Ben:* "If looks could kill, this car would commit suicide. It's like a mouse trap."

### Handling:

"It's designed to drive up a wall but it only goes a small distance before it plummets to the floor. We tried it on three different surfaces and it hardly moved. It drives like a jet ski on the tarmac of Silverstone."

### Overall:

1/5





The drone that you can control entirely with your smart phone

02

### Hobby Grade Buggy Shadow

The super speed demon  
£69.99, [menkind.co.uk](http://menkind.co.uk)

#### The lowdown:

With top speeds of 30km/h, this is a nippy piece of kit that, for the money, will leave everything else on the starting blocks.

#### Looks:

"It has a proper rig on it, impressive suspension and real drive shafts. It's essentially a shrunk-down racing car; it's very accurate."

#### Handling:

"It could do with a bit more grunt off the line and the turning circle is too wide for sharp turns unless you're flicking it into reverse for a handbrake turn. But I like it."

**Overall:**  
5/5

03

### Street Trooper PT-808

The weapon-toting transformer  
£60, [hawkin.com](http://hawkin.com)

#### The lowdown:

The car that schoolboys would dream up. It doesn't have the handling or speed but makes up for it by turning into robot.

#### Looks:

"It looks like the Batmobile had sex with RoboCop. The way it morphs from car to robot is pretty brilliant."

#### Handling:

"One wheel spun the entire time and it would only turn in one direction. Its plastic tyres would struggle to grip any surface and it's got a top speed of about 0.00mph. I'd rather just have a dart gun."

**Overall**  
2/5

04

### SDL Super Tough RC

The rock-climbing monster  
£79.95, [red5.co.uk](http://red5.co.uk)

#### The lowdown:

It might not be the fastest, but it's tougher than a pitbull wearing a bulletproof vest.

#### Looks:

"The design gives you a lot of ground clearance beneath the chassis. With the bigger wheels, this makes it perfect for rough terrain and jumps."

#### Handling:

"The acceleration is brilliant – you can actually wheelspin from a standing start, although it's lacking a decent top speed and the turning isn't great. The controller is also really quite flimsy."

**Overall**  
3/5

05

### Parrot Jumping Sumo

The high-end game changer  
£139.99, [firebox.com](http://firebox.com)

#### The lowdown:

The 3ft leaping, full-HD video-recording space drone from hell that you never knew you wanted.

#### Looks:

"If Darth Vader had a pet, this would be it. The camera and creepy eyes that flash red when it gets angry are truly bad-ass. It's so lightweight but also robust."

#### Handling:

"You can only really do 90-degree turns – it's a bit like driving Pac-Man. But the tricks and HD camera make up for it. If it was faster, we could use it in movies."

**Overall**  
4/5



# Upgrade your party tricks with some bona fide magic

Learn how to wrap an entire room around your sneaky little finger...



Magician, comedian and all-round trickster Paul Zenon is one of the pioneers of street magic.

The professional swindler has spent the last two decades causing people's jaws to hit the floor on both stage and television, and has written several best-selling books on deception. Now he's here to share the tricks of the trade...

Start by learning the basics from these two books, *Modern Coin Magic* and *The Royal Road to Card Magic*



01

## HANDS AREN'T QUICKER THAN THE EYE

"People tend to think the foundation of magic is manual dexterity. It's actually a combination of lots of other things like applied psychology coupled with acting. The misdirection is more important – making people see what they need to see."

02

## BOOKS AREN'T DEAD

"There's a trend these days for learning from YouTube videos and instructional DVDs but there's so much more value in books. They encourage you to think and not just copy someone else's performance. I used to get the same two books out of the library every week: *The Amateur Magician's Handbook* by Henry Hay and *The Royal Road To Card Magic* by Jean Hugard and Frederick Braue. I still go back to them now."

03

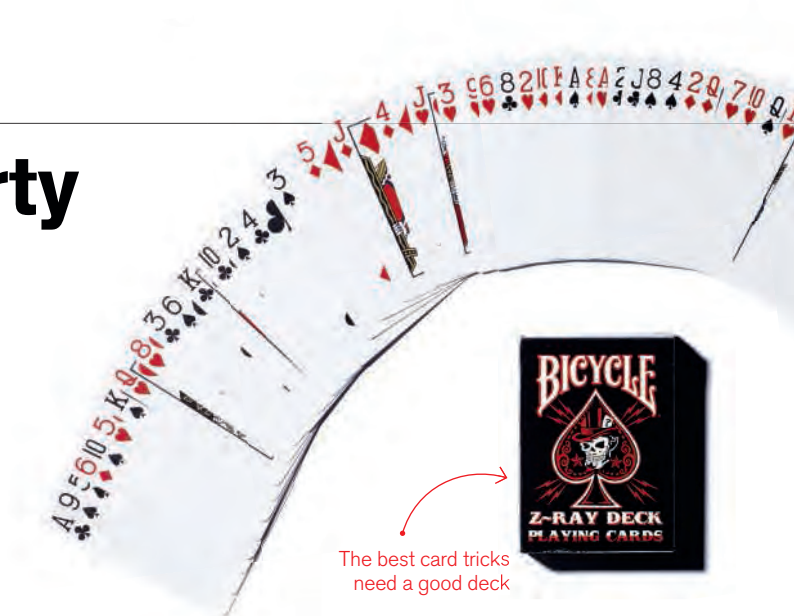
## ANYTHING CAN BE AMAZING

"If you see a joke written down on paper, it doesn't usually look very funny because it depends on delivery. If 10 people told that joke, you'd quickly notice everyone does it in a slightly different way. One or two of them will make it hilarious. Magic tricks are the same; they can be terrible or absolutely brilliant."

04

## IT'S NOT ABOUT SECRETS

"The secret of a magic trick is not actually that important, it's just one part. It's like saying that the secret of The Beatles was that they were just sliding their fingers up and down metal strings and making noises with their voice. It's technically what they were doing, but it's not the whole deal. Like music, it's about putting on a performance, not just throwing a few tricks at people."

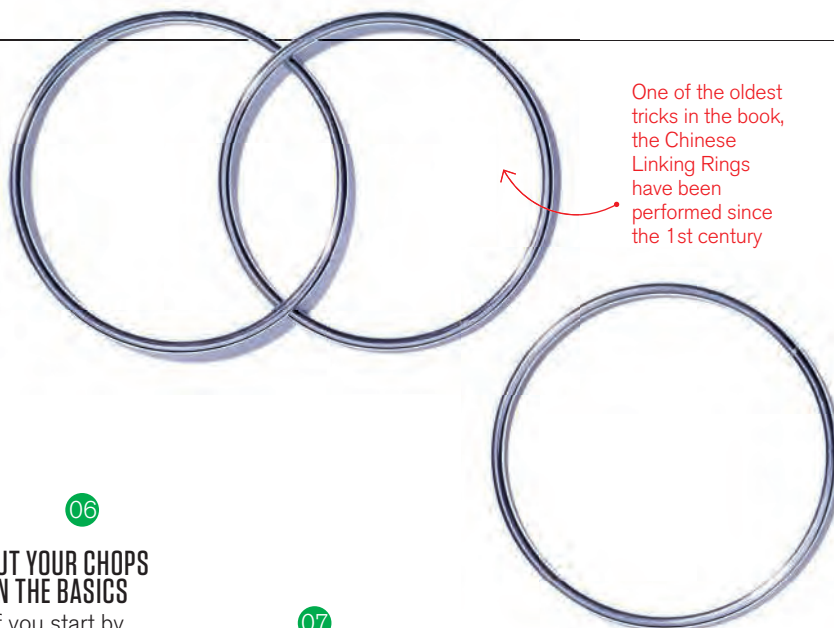


The best card tricks need a good deck



The cups and balls trick was used to entertain the pharaohs of ancient Egypt





One of the oldest tricks in the book, the Chinese Linking Rings have been performed since the 1st century

05

## DON'T BE A SHOW-OFF

"A famous magician called Slydini once said, 'Confusion isn't magic' and it's true. Just because you don't know how something's done, doesn't make it entertaining. People often don't like the idea of someone getting something over them. It can make you look like a bit of a dick who's trying to make people think he's superman. Aim to impress people, not show off."

06

## CUT YOUR CHOPS ON THE BASICS

"If you start by learning sleight of hand, you'll never be stuck when someone challenges you to perform just because you don't have props like playing cards. You could just grab a banknote or a coin, or vanish someone's cigarette and blow their mind wide open."

07

## DON'T OVERCOMPLICATE IT

"You never know how people will react. I've shown audiences tricks in the past that are incredibly simple and they've been absolutely blown away. Other times, I've spent weeks learning something and people just react with a shrug and go, 'Yeah... very clever.'"

08

## HECKLERS ARE LIKE SHARKS

"If you're a smart arse or aggressive, you'll invite the same back. It's a question of making people like you, and the only way to learn that is through experience. The best way to deal with a heckler is to not let them know that you care. If they smell blood, they'll go for your jugular."

Street Magic by  
Paul Zenon is  
available from  
Carlton Publishing



The old dismembered thumb trick, guaranteed to scar children for life everywhere

## The vanishing cigarette trick

Make your friends think you're a sleight-of-hand messiah by making a borrowed cigarette vanish right in front of their eyeballs...



Borrow a cigarette from someone. Before they give it to you, moisten the back of your thumb with your drink or a bit of spit.



Hold the cigarette so that it's poking out of the top of your fist, sticking the paper end of the fag to the moist bit on your thumb.



Make some distracting waves with your hand and quickly straighten your thumb. The cigarette should be hidden behind your hand.



Make the cigarette reappear by folding your thumb back down in a swift motion.



upgrade : Adventures

# Go to Dubai, pump up the adrenalin

We surfed the desert  
and did our best to  
look sober in the most  
populous city in the UAE...

## Know before you go

### Fly

Emirates' Airbus A380 flies from London to Dubai five times daily. Prices start at £380.

### Stay

Set up shop in the desert at the luxury Bab Al Shams (from £200 per night) or stay in the city at the new Vida Downtown (from £207 per night).

### Drink

Beer is roughly 40 AED a bottle (around £6.95).



### Get seriously high

No, not in a class-A way (check The Lowdown for what'll happen if you try that) – get an altitude kick instead. Depending on how big your balls are, you can see the view from the Burj Khalifa (the world's tallest building), go paragliding or skydive. It's only from the sky that you realise just how crazy Dubai's isolated concrete jungle really is. [nomaduae.com](http://nomaduae.com)





### Swap snow for sand

On paper, sandboarding *shouldn't* work. It's just you, a snowboard with no straps, and miles of sand dunes. With nothing but gravity keeping us on the board at over 30mph, there was a lot of falling off, but the grazes were totally worth it for the adrenaline rush. [dreamexplorerdubai.com](http://dreamexplorerdubai.com), from 275 AED



## The lowdown

### Sex

In Dubai, it's illegal to kiss in public or have sex outside of marriage. Unless you want to spend the night in prison (not recommended), *FHM* suggests you refrain from any hanky panky until back within a locked hotel room.

### Drugs

Do not – we repeat, *do not* do any drugs in Dubai. Even if you're busted with a tiny amount of weed, you can be sentenced to a minimum four-year jail term. Oh, and in case you were contemplating smuggling anything home up your bumhole, don't; trafficking drugs is punishable by death.

### Rock 'n' Roll

There are plenty of places to party in Dubai – but they're mostly hotels with licenses, and bars outside of hotels are few and far between. Oddly though, despite booze being freely available, it's a punishable offence to be under the influence of alcohol in public, so be sure to practice your best sober walking and talking before you head out for a big one.

### Eat all the meat

Fogueira Restaurant and Lounge is an institution, serving up an unlimited cornucopia of meat. Tuck into juicy lamb at this legendary churrascaria (a meatery) – then wash it down with all-you-can-drink booze. *FHM* recommends the disgusting-sounding but actually delicious barbecued chicken hearts. [ramadaplazajbr.com](http://ramadaplazajbr.com)



### Get lucky

Horse racing season in Dubai runs from November to March, so we took a trip to the famous Dubai Racing Club. Aside from winning (and mostly losing) big bucks, it's the best place to people spot – we saw everything from solid-gold iPhones to diamond-encrusted Aston Martins. [dubairacingclub.com](http://dubairacingclub.com)



### Do brunch like you've never done brunch before

By Emirati law, booze can only be served within the confines of a hotel, but with 450 of them, some with more than 25 bars and restaurants, you won't go thirsty. Brunch in Dubai doesn't actually mean 'brunch' either; it means paying about £50 and drinking everything you can in big air-conditioned rooms. Just the ticket in 40°C heat.

### Tear the desert a new one

Given how much is illegal in Dubai (swearing, eating in public, cross-dressing), it seems bonkers that ragging a car around the desert at ultra-high speeds is perfectly legit – but it is. Anyone is free to take a motor into the middle of a 'wadi' (dried riverbed) and blitz out doughnuts until the sun goes down. If you want to play it safe you can rent an SUV, but we recommend something smaller for proper soil-your-pants thrills. *FHM* did it in a MINI Cooper and it was a properly amazing experience.



### Meet some birds

Until 50 years ago, hunting with peregrine falcons was a major Emirati tradition. Nowadays it's banned, but you can still catch the world's fastest animal in action – a number of falconers run demos in the desert. It might sound boring but it's actually awesome – especially as the birds are trained to fly within an inch of your face at speeds of over 200mph.



## Go big or go home

*Dubai doesn't just have the world's largest building, everything there is supersized*

### Biggest waterslide

Stand inside a capsule on the 120m-high Jumeirah Sceirah at the Wild Wadi Waterpark and say your prayers as the floor gives way to a 50mph drop.

### Biggest aquarium

With a 108ft-wide, 10 million-litre tank housing 400 sharks and rays, the Dubai Aquarium and Underwater Zoo is a Bond villain's wet dream.

### Biggest garden

Flowers are boring, but when there are 45 million of them in one place like at the Dubai Miracle Garden, it's guaranteed Instagram likes.

### Biggest mall

When the Mall of the World is complete, it'll be the world's largest mini city with its own Oxford Street, galleons, waterfalls and a giant retractable dome.



# The FHM 2014 Car Awards

LAMBORGHINI HURACÁN

LP 610-4

PRICE: £180,720

0-60MPH: 3.2 secs

TOP SPEED: 202mph

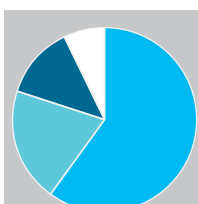
POWER: 610bhp



Life's not a competition, but what the hell; we want to pick a winner anyway. There are tons of cars released every year fighting for your adoration, and it is our civic duty to choose the ones that are worthy of you, the *FHM* reader. Let tyre-smoking battle commence...

FHM Car Of The Year

## Lamborghini Huracán LP 610-4



### MOTOR MATH

60% Pure speed  
20% 6-star hotel  
13% Bull's testicles  
7% Nuclear bomb

Let's face it, the world isn't short of fast cars – so it takes something pretty special to stand out. We're not in the habit of flinging our Car Of The Year title at anything that turns up with an impressive 0-60 time, because where would you stop? With the latest F1 car? It's not a money race either. You can always find something for £1

million that exists purely on Planet Knobhead and means nothing.

But the Lamborghini Huracán breaks all the rules.

Replacing the Gallardo was always going to be tough, but the Huracán is a triumph. It's as mean as hell and when *FHM* drove it around town, it created chaos wherever it went. Children screamed, bikers nodded appreciatively, iPhone cameras were scrambled for and everyone loved it.

As for speed? Well, yes, it's there in the extreme. Acceleration can only be described as akin to a top-end roller coaster. The noise when you slam your right foot down is a glorious cacophony of 1,000 orgasms played 10 octaves lower.

The Huracán creates an emotional connection we simply hadn't expected. The previous Gallardo was all angles and ultimately felt like a bit of a toy. The Huracán is more curved, more layered, detailed and sexy. There's a brilliantly designed dashboard panel in front of the passenger seat, for instance, that's a nod to '70s Lambos and just makes you want to put on your best suit and head for the nearest Playboy Club.

What's more important than all that, however, is this – the Huracán is the car that was in your head when you were 12 years old. It looks the way you wanted it to, makes the sound you dreamed of, and performs the way you longed for. You might never actually drive one, but just knowing that this car exists makes the world a better place for everyone. It's the first thing we'd buy with our EuroMillions win. It's *FHM's* Car Of The Year.



**CITROËN CACTUS****PRICE:** £15,860**0-60MPH:** 10.7 secs**TOP SPEED:** 114mph**POWER:** 100bhp**Road trip Car Of The Year**

## Citroën Cactus

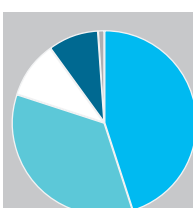
Citroën has a history of disappearing into its great big design shed, sucking on a few French cigarettes and opening the door months later to reveal something that's not quite the answer to everyone's problems, but is damn clever all the same. This Cactus is one of them.

All the elements that make a great Citroën are there – the smart thinking, the boldness, the distinctive design touches and a rock-solid sense of value. The Cactus is a big everyday car but is designed to be as cheap as possible. That brief could have made for the most boring motor ever, but Citroën turned out a chunky, funky triumph.

First up, it looks like a 4x4 but it's not. It's far more economical than that. Outside, the rubber side panels on the doors are there to protect the car from dings and scratches. Inside, there are super-cool retro doorpulls and tons of space in a cabin that looks like it's from the spaceship in *2001*. All that's missing is a surfboard for the roof, your mates in the back and some bass-heavy tunes on the stereo. A brilliant go-anywhere car that won't hit the bank balance too hard.

**Runner-up: Fiat Panda Cross**

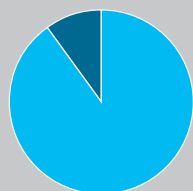
A very fine motor and surprisingly capable off-road, but still looks like it's made of Lego.

**MOTOR MATH**

45% Weird rubber doors  
35% Future retro interior  
10% Super economical  
9% Thank God for the price  
Actual cactus

**Best Of British**

## MINI Cooper S 5-door

**MOTOR MATH**

90% Fish and chips  
10% Extra chili sauce

It's hard to imagine the roads without them now, but when the new MINIs arrived in 2001, it was like Britain got a shot in the arm of high-purity fun. MINIs are fizzy, zippy, nippy little buggers that put

a smile on your face. With this new one, the formula hasn't been messed with but the gains have come in all the right places.

So what's new up the MINI's mod jacket sleeve? Well, it's bigger inside for a start; it's faster too, and it rides with a bit more class. Turn it up to Cooper S level and you now have one of the finest hot hatches available anywhere.

The parent company is BMW, but these cars come straight out of Cowley Road in Oxford and are as British as a packet of Worcester Sauce crisps. We make it and we drive it and it's one of the best in the world. That's something we should all be proud of.

**Runner-up: Jaguar F-Type Coupé**

The hard-top version of last year's *FHM* COTY-winning drop-top, the F-Type coupé is even better-looking than its brother.

**MINI COOPER S 5-DOOR****PRICE:** £19,225**0-60MPH:** 6.7 secs**TOP SPEED:** 145mph**POWER:** 192bhp

## Best budget buys

There's some flash new metal on these pages but every year, second hand cars lower in price. Here's what dropped in 2014

**Under £5,000****Seat Mii**

Part of the VW family that includes the Škoda Citigo and the VW Up. The Seat has dropped fastest but that just means it's now the best value. A great little car.

**Under £6,000****Dacia Sandero**

Not the sexiest car but a lot of motor for the money. It's as big as you'd ever need, built like a tank and nicely reliable. This is your workhorse.

**Under £8,000****MG MG3**

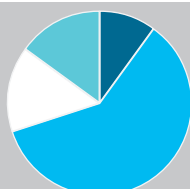
The MG3 was a budget car to begin with so it's not dropped much. What you lose in refinement you gain in personality and space. Worth checking out.





SUV Of The Year

## Porsche Macan



**MOTOR MATH**

60% Awesome  
15% Sports Car  
15% Off-roading SUV  
10% Righteous German smugness

When Porsche started making four-wheel-drive off-road cars, sports car fans rolled their eyes and mourned the passing of the Porsche name. How could the makers of the 911 be taken seriously with a fat family

car in the line-up?

Well, Porsche had the last laugh by selling bucket-loads of Cayennes. So many, in fact, that it expanded out to the smaller Range Rover Evoque rival, the Macan. But this is not just another tidy family SUV – it's a revelation. The Macan is capable of

pulling tricks that will embarrass most low-slung sports cars. Seriously. On racing circuits, it's been tracked just a second slower than Porsche's little Cayman roadster. Add to that the svelte good looks and a proper luxury cabin and it starts to merge into the everyday motor of your dreams.

This is one that doesn't seem to fit into either the SUV or the sports car category. Instead it redefines what we can expect from a car. You definitely want one of these. Porsche, we send you the manly nod of extreme impressedness.

**Runner-up: Lexus NX**

Looks brilliantly like something from the future with it's sliced and angular body, but a bouncy ride sees it slip to second place.

**PORSCHE MACAN TURBO**

PRICE: £59,300

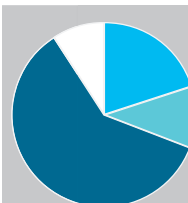
0-60MPH: 4.8 secs

TOP SPEED: 165mph

POWER: 400bhp

B-Road Thriller Of The Year

## Peugeot RCZ R



**MOTOR MATH**

66% Alien spaceship  
22% New fire in its belly  
12% Pin-sharp steering  
10% 'Ooof' at the price

Competition for B-Road Thriller Of The Year has come out of all corners this year. There's been a new Subaru WRX STI, a legend that feels a little out of time now. There's been the hairy-chested V8 rumble of the Vauxhall VXR8 GTS, but it's a bit heavy and ponderous on our UK switchbacks.

The winner is out of leftfield. We always liked Peugeot's RCZ, mostly because it looked like a secret space lab experiment gone wrong, but even we had to admit it lacked real fizz and growl when it mattered. This new R is not just a hotter RCZ, it's a rebalanced, re-engineered car that takes its extra power and does things with it that make your neck hair stand up. Finally, Peugeot has channelled all its petrolhead know-how into its pet roadster and the RCZ has the thrills to go with its looks.

Peugeot has come a long way in the last few years and has made a lot of noise about its little 208 and their big 508. Fine cars that they are, this RCZ on meth is now the best little lion in the Peugeot pack.

**Runner-up: BMW M235i**

A beautifully brutal and balanced motor. Only its higher price hands the crown to the Peugeot.

**PEUGEOT RCZ R**

PRICE: £31,139

0-60MPH: 5.9 secs

TOP SPEED: 155mph

POWER: 270bhp



## 2014: motor barometer

The year's biggest wins and fails...

STALLING



**CHEVROLET**

The renamed Daewoo was an experiment that never worked. Slightly embarrassing for Man United given they're a shirt sponsor.



**CATERHAM**

The F1 side of the company has financially shat itself and been spun off, so as not to affect the road car operation.



**ALPINE**

A supersports Renault spin-off that tried to build a car with Caterham parts. Unsurprisingly, it didn't work. They've gone it alone now.



**BMW**

They make bloody great cars, but my goodness there are a lot of them. Trying to navigate BMW's product line-up now requires a PhD.



**ALFA ROMEO**

Shared a presentation with the world that honestly faced up to the problems of the past and laid out an exciting plan for the future.

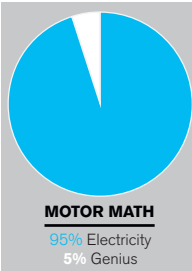


**TESLA MODEL S**  
**PRICE:** £54,900  
**0-60MPH:** 3.2 secs  
**TOP SPEED:** 120mph  
**POWER:** 302bhp



Future Fantastic Car Of The Year

## Tesla Model S



If an alien from a far-off galaxy came down to see how we got around each day, they'd think sucking up ancient forest goo and burning it as fuel was the most crazy thing they'd ever seen. Tesla changes all that.

Yes, there are other electric cars out there, but they all feel compromised in one way or another. The Tesla S pulls off the amazing trick of feeling like a totally conventional car while at the same time being so much more. It's a traditional saloon shape (a 'sedan' the Americans would have us say) but drop your right foot and the all-electric powertrain takes you from 0-60 in a pant-wetting 3.5 seconds. Everything about this car is

rethought from the ground up. The centre console, for instance, is like the biggest iPad you've ever seen and it controls everything on the car.

Tesla is the brainchild of a guy called Elon Musk. As well as running his own space company for the US Government and planning trains that fly through vacuum tubes at hundreds of miles an hour, he finds time to run the world's most revolutionary car company. It's quite astonishing what he's achieved with the Tesla Model S. And there's a lot more to come. He's nothing short of a hero. He might just save the planet. Good old Elon.

### Runner-up: BMW i3

The i3 is a brilliant city car – fast, economical and looks like nothing else around. Damn pricy, though.

## CARS WE'RE LOOKING FORWARD TO IN 2015

*The future in ace automobiles is just around the corner*



### Audi TT

The next generation of a legend. Expect a sportier feel, sharper looks and a brilliant cabin with a virtual dash. See the *FHM* verdict in Drive next month.



### Range Rover Sport SVR

The fastest SUV ever round the German Nürburgring racetrack. A real 4x4 off-road supercar.



### Ford Mustang

The first time that any Mustang will be officially produced for Europe and the first time it'll be right-hand-drive for the UK. Awesome.



### Smart Fortwo

The ultimate tiny city car is about to run in a new version that draws a lot from the clever small car people at Renault.



### Honda Civic Type-R

This new version of Honda's hot hatch looks utterly brutal. We have high hopes that it'll drive the same way.



### Mazda MX-5

The biggest-selling roadster of all time is back. Co-developed with Alfa Romeo for a time, a new MX-5 is always a big event.



### Volvo XC90

A big luxury SUV that will really challenge the Range Rover. The interior is fabulous and probably the best in the world.



### BMW M2

The M version of the 2-series is the true successor to the original M3. We don't know how it'll look, but it'll kick ass.

REVIVING



### LOTUS

Finally getting its shit together. It's lost a lot of jobs, which is grim, but more high-end awesome sports cars are expected.



### LAGONDA

A 1906 British luxury car marque revitalised this year by Aston Martin to create one of the world's most awesome mega-limos.



### JAGUAR LAND ROVER

The combined company produces some brilliant sports cars and SUVs, as well as the cracking brand-new Discovery Sport.



**upgrade : Girlfriend**





# FHM Girlfriend

*Tamara*

**Modelling runs in the family for this Serbian-Croatian beauty, who's played in a rugby team and is thinking of joining the mile-high club...**



Jay Mawson



Richard Innes

**Occupation:** Model

**Location:** Auckland, New Zealand

**Age:** 21

**Twitter:** @tamara\_markovic

**Likes:** British men, *Fifty Shades Of Grey*, mind reading

**FHM:** Have you enjoyed your debut *FHM* shoot?

**Tamara:** I've loved it! Funnily enough, I have a cousin who's been on the cover of *FHM* Croatia. Her name's Iva Jerkovic.

**No way!**

Way! I haven't seen her in a long time, but she's a famous model over there.

**Have you asked her for any tips?**

You know, I never even thought about that. I should've done, shouldn't I? Who knows – maybe we can sort out a family shoot.

**So are you Croatian too?**

My family's Serbian-Croatian, but I've lived in New Zealand my whole life. That does of course mean that in the few months I've been in the UK, I've had everyone assuming I'm Australian.

**Sorry...**

It's OK guys, I forgive you! I didn't think I'd like it here at first because I'm so used to going to the beach every day and driving a car, but I got used to it all really quickly. Everyone's so nice and friendly.

**Honestly?**

Well, now you mention it, most of the friendly people have been male. Just as well that I like British men! I like how everyone dresses in suits and everyone looks very groomed. It's just a shame about your opening lines.

**Like what?**

Well, I've been asked out on quite a few dates in the time I've been here, but literally 99% of the time, the first thing they've said has been, "I don't mean to be weird but you look really Brazilian". And that's it. Don't get me wrong – Brazilian women »





are hot. But when I say I'm actually from New Zealand, there isn't much more conversation!

**You finished university recently. What did you study?**

Psychology. Everyone thinks that means I can read minds, so it's always a bit of a let down when I have to tell them it's all about statistics. But maybe it will come one day. As a model, mind reading when you're in castings would be pretty handy. It'd nice to know if you were actually getting the job!

**Back to your homeland. Is it true you have to like rugby if you grow up in New Zealand?**

Pretty much. Everyone talks about it, you play it at school – there are even girls' teams. I'm not built like a rugby player, but they still had me in the touch rugby team. It's basically like the way you guys treat football over here.

## “Fifty Shades of Grey opened up my eyes to other possibilities”

**Is that why you flew halfway across the world to come to the UK – to escape rugby?**

Ha! No, not quite. It is a seriously long flight though. It takes nearly three full days for me to get home. You can try sleeping or watching movies – my record is four back to back – but you always get bored.

**Ever filled the time by joining the mile-high club?**

Funny you should say that. I haven't, but I know quite a few people who have. I have no idea how they get away with it; none of them will tell me how they managed to do it without anyone noticing!

**Crikey. Well, you did say you love Fifty Shades Of Grey...**

I did, didn't I? It is my favourite book. I'm not into *all* of the things described in there, but it's given me some ideas about what's out there. Let's just say it's opened my eyes to other possibilities... **FHM**





## Quick-fire round

**Heels or trainers?**

Heels.

**Football or foot rub?**

Foot rub.

**Beach or pool?**

Beach.

**Chocolate or crisps?**

Chocolate.

**Bum or boobs?**

Boobs.

**Beanie or bikini?**

Bikini.

**Night out or night in?**

Night out.

**Weights or cardio?**

Cardio.

**Bedroom or living room?**

Bedroom.

**Club or pub?**

Club.

**Trampoline or skipping rope?**

Trampoline.

**Breakfast or dinner?**

Dinner.

**Thumb war or arm wrestle?**

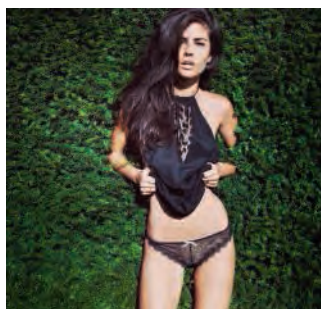
Arm wrestle.

**Twitter or Instagram?**

Instagram.

**Want to be an FHM Girlfriend?**  
Go to [fhm.com/girlfriend](http://fhm.com/girlfriend) to apply

## Tamara's life this month



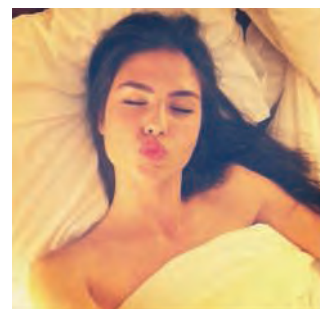
On set in London.



Bike riding through the beautiful city!



Sightseeing in between castings.



Good morning from Manchester!





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Fancy a Drink



Rather be in the pub



Make dull meetings a thing of the past! For all four colours and to see our six bespoke messages go to [www.tiewithatwist.co.uk](http://www.tiewithatwist.co.uk)

To claim 20% off just enter the following voucher code: **W44**



## Schwarz Clothing

England based clothing company offering premium limited edition clothing since late 2013. Founded by artist Alex Preston, starting with three t-shirts featuring his artwork, since then the company has made 4 more T-shirts, Bamboo sunglasses and Bamboo iPhone Cases. It has fresh and new ideas, breaking the mould from existing clothing brands. New releases include two more t-shirts and a winter beanie.



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# True story:

**“I looked at the ground and I went for it. One step. Bang. That was it. My foot was gone”**



ANDY HAS SINCE BEEN AWARDED THE GEORGE MEDAL FOR BRAVERY



Fusilier Andy Barlow was just 19 years old when he was sent to Afghanistan. His only previous field experience had been a short stint in Northern Ireland but when his battalion was given the call to go and help out the 3rd Battalion Parachute Regiment (3 Para) at the Kajaki Dam, his life changed forever.

On the 6 September 2006, Barlow and his team found themselves trapped in an unmarked minefield laid out by Russians in the 1980s.

Corporal Mark Wright was killed while trying to save his troops. Barlow, Lance Corporal Stuart Hale, Corporal Stuart Pearson and three others all received life-altering injuries.

Dubbed the ‘day of days’, the Kajaki landmine incident was the first of three major incidents which saw three killed and 18 injured during a tragic 24 hours that will never be forgotten.

**“IT WAS SUPPOSED TO BE JUST A COUPLE OF DAYS. IN AND OUT.** We were living like tramps on a mountain top under a canvas netting. We washed in the dam. Our toilets were a ditch, which was filled with diesel and burned daily. There were a few gunfights, and rockets had been fired over us, but we felt in control of the situation. It was a surveillance mission, plus we had to keep an eye on the dam. It was the major source of electricity for the surrounding area. But about six weeks in, we were trying to get onto another mountain peak to take some photos of a Taliban run village and Lance Corporal Stuart Hale began to walk down.

“A radio message came through that there’d been a casualty involving Hale. Corporal Mark Wright shouted to get the medical kit. I don’t remember hearing the explosion – loud bangs were nothing new – but we ran up the mountain and started to move down slowly.

“We’d been up and down the mountain so frequently, we never considered it a landmine area.

We set trip flares daily. It was surreal when Hale was hit. But, I didn’t think ‘We are in the shit here’. We were just worried about him, trying to lighten the situation, even if he had just lost his leg.

“Wright called in a helicopter. The ETA was 45 minutes, but it had no winch. There was a lot going on that day and that was all that was available. We thought they’d send a smaller chopper; we’d throw Hale on and they would fly away. We dug a safe trail and moved him 20m where it was more open.”

**“IT DAWNED ON US HOW MUCH TROUBLE WE WERE ACTUALLY IN.** Rocks were stacked on top of each other everywhere to disguise hidden explosives – indicators that it was a minefield. Corporal Stuart Pearson began to walk along the safe route. Bang. I heard a blast – and scream. I was told to leave, but had to help. Wright quickly arrived with Alex Craig, a medic.

“Pearson’s left foot was completely gone. His stomach was in bits. We put the

tourniquet on. Morphine was dished out and Wright got on the radio. ‘Where’s the chopper?’ he said. ‘Two down now.’”

**“WE WERE SURROUNDED BY MINES.**

You’re trained to stand still, get down and start prodding around you. Test with a stick and see if you hit anything. Crawl your way out. Hale had already been there a few hours and the chopper was nowhere to be seen. You’re trying to reassure the injured, but they’re missing legs, bleeding, and getting faint.

“Finally, an Apache started circling with a larger Chinook behind. It was trying to land, but Wright immediately got on the phone. ‘Don’t land,’ he said.

“They landed 40m away. They wouldn’t have reached us. We didn’t know what their orders were, or what was going through the pilot’s mind. They just knew there were two casualties and to get them out. We waved them away and the chopper took off. Bang. Another explosion. The propeller’s downdraft had triggered hidden mines.”





IN 2014, ANDY WENT TO CYPRUS AND BECAME A SAILING INSTRUCTOR



LIAM AINSWORTH PLAYING ANDY BARLOW IN THE FILM, *KAJAKI: THE TRUE STORY*

ANDY SKIING AT THE ARMY CHAMPIONSHIPS IN SERRE CHEVALIER, JANUARY 2014

**"I WAS THROWN BACK ABOUT 6FT. SHRAPNEL LACERATED MY ARM.** It spun Pearson, hitting his other foot. Wright dropped. Craig was hit on his side. He tried to crawl his way back up the mountain but his lungs were punctured. At just 19 years old, I was left with two guys with serious injuries.

"I can't tell you what was going through my head. Pearson's other foot was full of shrapnel. Lance Corporal Paul 'Tug' Hartley – a full combat medic – was calming me down. We strapped Pearson's foot up as best we could. Wright was badly hit. It looked like a tennis ball had pierced one of his arms; there were big holes in his chest, neck, and armpit but he was still talking. I started flapping. Tug told me to pull it together. That's when you click into gear and think, 'I need to sort these guys out'. I applied a tourniquet to Wright's arm. I was talking to him, while trying to bandage his neck and chest. They were getting dehydrated. Our radio was destroyed and the only communication was a line to

our camp at the mountain top. I shouted for water. Tug knew Wright needed proper attention so he started testing the area.

"The water arrived. It was chucked to me, hit my hand and fell to the floor. I looked at the ground and thought, 'I can stand here or I can stand there'. I went for it. One step. Bang. That was it. My foot was gone. My toe landed on another lad's head.

"I'd walked over that spot many times before, and the mine had never gone off. Tug swallowed the blast, puncturing his lungs. He still got to Wright while helping me. I had to tourniquet my own leg and Tug threw me some morphine. I was in a world of pain."

**"THE EXPLOSION WENT STRAIGHT THROUGH ME.** I felt like I was on fire. When you see that your foot has gone, there is also a 'Shit, how does my face look?' I didn't have a mirror. I remember pulling out a clump of hair. I shouted to Tug, 'How's my cock?' – he told me I was OK. We just laid there. We needed distractions

and at this point, there was no chopper coming back. Everyone was spaced out on morphine except Wright because of his chest injury – but I was still in agony. It was only when I arrived at hospital that I learned I was immune to the drug.

**"THE BLACKHAWK FINALLY CAME AND DROPPED THE CAGE OVER HALE.**

We wanted Wright taken first, but they threw the harness around me. That's when he said, 'Tell my wife, mum and dad I love them, and tell my uncle I am a good soldier'. They were trying to resuscitate him, but then the body bag came out.

"I was winched up and remember the blood rushing from my leg. Bits of flesh were falling to the ground. Me and Hale just hugged each other. I remember thinking, 'Thank fuck we got out of there'. But I'll never forget how Wright saved our lives." **FHM**

*Kajaki: The True Story* is on release nationwide in Vue cinemas from Alchemy Releasing

## What happened next?

**01 Fusilier Andy Barlow was flown to the hospital in Camp Bastion and had his left leg amputated above the knee before returning home to receive the George Medal for bravery.**

**02 After extensive rehab back in the UK, along with Corporal Stuart Pearson, he learned how to ski as part of the army's Battle Back programme. This year he was a torch bearer for Team Great Britain at the Sochi 2014 Winter Paralympics and plans to compete at the next games in four years.**

**03 "That day was the making of me," he says. "Before then I was just a guy who did what he was told. But I look back now and think about what I have achieved since and I don't think I would be where I am now if I hadn't lost my leg."**



# THE FINAL COUNTDOWN

## 9 THINGS YOU'LL ONLY EVER DO ONCE IN YOUR LIFETIME



### 09 ALL-NIGHTER ON A WEEK DAY

Being hungover at work is bad enough, but struggling through that same day having had no sleep is the most physically gruelling thing a man can do. Even if you manage to make it to 5pm without getting sacked, you'll be haunted by the memory of that day all the way to your deathbed.

### 08

#### PUT THE WRONG FUEL IN A CAR

According to the AA, every year more than 150,000 people absent-mindedly cock up by filling their car with diesel instead of petrol – that's one person every three-and-a-half minutes. If our maths is correct then everybody in Britain will have made this once-in-a-lifetime mistake by 2019, at which point it'll never happen to anyone again. Yay!

### 07

#### GOOGLE A MINOR AILMENT

4.23pm: slightly concerned about a rash that's appeared on your thigh, you consult Google as to what the possible cause might be. 4.26pm: You have full-blown Ebola.

### 06

#### EAT A SCOTCH BONNET CHILLI

These types of peppers have a heat rating of

350,000 Scoville units (comparison: jalapeño peppers pack 4,000 Scoville units), which makes them ideal for the chuckling bozo looking to show off to his mates. Twenty-five minutes of wheezing, crying, snorting, clawing, puking, downing milk and shrieking later, that bozo is praying to God that if he will just make it stop, he will never revel in being the centre of attention ever again.

### 05

#### BROWSE ONLINE SHOPPING SITES WHILE DRUNK

Somebody really ought to invent a breathaliser device that attaches to your laptop and prevents you from visiting websites such as Amazon, ASOS and eBay if you've had more than three pints. It's all fun and games at 2.30am when you've got a hand over one eye so you can focus on the thrilling bidding war you're embroiled in with FashionGirl564 – it's not so funny when you wake up the next morning and realise that you've spent £213.54 on a 'vintage' Von Dutch baseball cap.

### 04

#### WATCH YOURSELF HAVE SEX

Oooh yeah, making a DIY porn video – what could be hotter than that? And, yes, the filming part is pretty awesome – but the *watching* bit? Not so much. Your performance doesn't look half as Mr Smooth Loverman as you thought it would – what's with the constant speeding up and slowing

down? And you're making a sound like whale-song mixed with a rusty old car starting on a cold morning. Plus – ewww – is that your *bumhole*? No no no no no turn it off, turn it off!

### 03

#### CUT YOUR OWN HAIR

You're off out tonight and your hair could do with a slight trim, but you don't fancy spending a tenner at the barber's for just a few minor snips. Hey, you can straighten that fringe out yourself, no probs! Yeah! Ten increasingly panicked minutes later, you look like Kim Jong-Un on a bad day.

### 02

#### ATTEMPT TO GIVE YOURSELF A BLOW-JOB

A true adolescent rite of passage, but it's best you don't succeed at this one. If you sometimes feel a bit grossed-out by yourself after cranking one off, imagine how you'd feel with a gob-full of your own boy-mayo.

### 01

#### DRINK STRAIGHT GIN

The logic goes like this: if you're drinking spirits but you run out of mixers, it's perfectly acceptable to plough on with straight booze. Works fine with whisky, vodka, rum and Jäger, right? But try that shit with gin and you won't stop shuddering for an hour. We've no idea what's in tonic that makes gin not taste like out-of-date horse poison, but whatever it is, it is *not* optional.







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